



2022 Lincoln County Community Health Assessment

Acknowledgements

The Lincoln County Health Department would like to thank members of the Partnership for Health and Board of Health for their support of the 2022 community health assessment.

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Executive Summary

Vision Statement

Lincoln County's 2022 community health assessment (CHA) was completed in collaboration with Lincoln County Partnership for Health. Lincoln County Partnership for Health believes in a vision of encouraging health and wellness for all through education, awareness and prevention by means of active community collaboration.

Leadership

Lincoln County's 2022 CHA process was led by the Lincoln County Health Department and utilized a traditional leadership structure. This assessment was drafted by Lincoln County Health Department's Community Health Division.

Partnerships/Collaborations

| Partnerships | Number of Partners |
|---|---------------------------|
| Public Health Agency | 8 |
| Hospital/Health Care System(s) | 1 |
| Healthcare Provider(s) – other than behavioral health | 0 |
| Dental Health Providers | 0 |
| EMS Providers | 1 |
| Pharmacy/Pharmacies | 0 |
| Community Organization(s) – advocacy, charitable, NGO | 5 |
| Business(es) – employers, not organizations | 0 |
| Educational Institution(s) – colleges, universities | 0 |
| Public School System | 1 |
| Media/Communication Outlet(s) | 0 |
| Public Members | 0 |
| Other | 11 |

Regional/Contracted Services

The Lincoln County Health Department did not receive support from a regional community health initiative or privately contracted vendors for this community health assessment.

Theoretical Framework

The Population Health Model was used to guide Lincoln County's community health assessment process in hopes of promoting consistency and alignment with work at the state level. The

Population Health Model, also known as the County Health Rankings Model, was used as the framework for *Healthy North Carolina 2030: A Path Toward Health* as well as Healthy People 2030 which helps guide work at the federal level (North Carolina Division of Public Health, 2022).

Collaborative Process Summary

Lincoln County's Partnership for Health team worked from January-October 2022 to identify three health priorities for the County. Steps included:

- Establishing the CHA team in January 2022;
- Reviewing a draft of the Community Health Opinion Survey in May 2022;
- Promoting survey participation between June-October 2022;
- Meeting to check in regarding survey progress in September 2022;
- Analyzing primary and secondary data in October 2022; and
- Selecting top health priorities in October 2022.

Lincoln County Board of Health members were engaged in June 2022 for help promoting the Community Health Opinion Survey. Board of Health members later reviewed the selected priorities in November 2022.

Key Findings

Lincoln County residents enjoy a longer life expectancy than North Carolinians across the state and results from the 2022 Lincoln County Community Health Opinion Survey indicate a general satisfaction with the quality of life in the County (North Carolina Center for Health Statistics, n.d.). In 2019, cancer was the County's leading cause of death which was trailed closely by heart disease (North Carolina Center for Health Statistics, 2021b). From 2009-2019 the County's death rate from all cancers trended upward while the county's death rate from heart disease declined (North Carolina Center for Health Statistics, 2010-2021).

The primary and secondary data collected during this assessment demonstrate a need to reduce tobacco use, decrease sugar-sweetened beverage consumption and boost physical activity among residents. As for sexual health, Lincoln County has seen a steady decline in teen birth rates over the last decade and in 2021 had significantly lower newly diagnosed rates for several sexually transmitted infections than the State (North Carolina Center for Health Statistics, n.d.-n.d.; North Carolina HIV/STD/Hepatitis Surveillance Unit, 2022). Unfortunately, substance use continues to be a challenge with drug overdose deaths increasing by nearly 62 percent in Lincoln County from 2019 to 2020 (North Carolina Center for Health Statistics, 2023). Moreover, drug abuse was the number one problem affecting quality of life according to 2022 Lincoln County Community Health Opinion Survey respondents.

Access to care also continues to present challenges for Lincoln County. Lincoln County had higher population-to-provider ratios for each category (i.e., primary care physicians, dentists and mental health providers) when compared to neighboring Catawba and Cleveland counties as well as North Carolina (County Health Rankings and Roadmaps, n.d.-f).

As for social and economic factors, Lincoln County observed a lower unemployment rate as well as a higher median annual income from 2017 to 2021 compared to North Carolina (United States

Census Bureau, 2011-2021a; United States Bureau of Labor Statistics, n.d.). While this secondary data is encouraging, low income/poverty was the second leading problem affecting quality of life according to 2022 Lincoln County Community Health Opinion Survey respondents.

Lincoln County has consistently had higher graduation rates than North Carolina and enjoys a significantly lower violent crime rate (Criminal Justice Information Services Division, n.d.; North Carolina Department of Public Instruction, 2022). This data complements the primary data collected during the CHA since 78.11 percent of 2022 Lincoln County Community Health Opinion Survey respondents agreed or strongly agreed with the statement “Lincoln County is a safe place to live.”

As for the physical environment, Lincoln County has higher levels of owner-occupied housing units and a lower percentage of households with at least one severe housing problem when compared to the State (County Health Rankings and Roadmaps, n.d.-g; United States Census Bureau, 2021c). On the other hand, the primary data revealed that more affordable/better housing was the second leading service needing the most improvement according to 2022 Lincoln County Community Health Opinion Survey respondents.

Lastly, Lincoln County scored higher on the food environment index than North Carolina but lags behind the State slightly in adequate access to exercise opportunities (County Health Rankings and Roadmaps, n.d.-b; County Health Rankings and Roadmaps, n.d.-c).

Health Priorities

Lincoln County Partnership for Health selected access to care, health behaviors and substance use as the top three health priorities for the 2022 CHA cycle. These priorities were reviewed by the Lincoln County Board of Health on November 1, 2022.

Next Steps

Once the CHA is disseminated to the public and stakeholders, Lincoln County’s Partnership for Health team will develop community health improvement plans (CHIPs).

Chapter 1: Background and Introduction

Community Health Assessments

The Centers for Disease Control and Prevention (n.d.-f) explains that community health assessments, which involve thorough research, data collection and analysis, help pinpoint specific health needs within communities. Findings from community health assessments can help guide program development and resource allocation to address specific community needs.

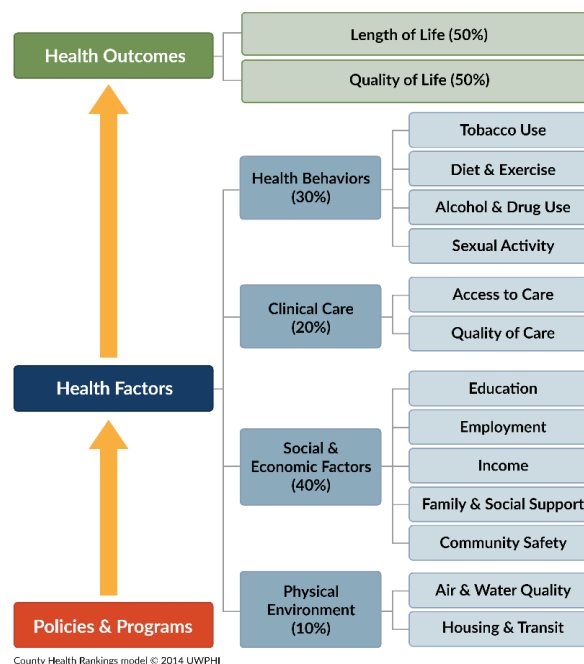
For public health departments in North Carolina, regular community health assessments are required by the NC Division of Public Health and are also a requirement for accreditation from the NC Local Health Department Accreditation Board (North Carolina Division of Public Health, 2014). The eight phases of the North Carolina community health assessment process include establishing a community health assessment team; collecting primary data; gathering secondary data; analyzing data; determining health priorities; composing the community health assessment document; distributing the community health assessment document; and developing community health action plans (North Carolina Division of Public Health, 2014).

Lincoln County's last community health assessment was completed in 2019; however, implementation of many of the community health improvement plans was paused due to the COVID-19 pandemic.

Population Health Model

The Population Health Model was used to guide Lincoln County's community health assessment process in hopes of promoting consistency and alignment with work at the state level. The Population Health Model, also known as the County Health Rankings Model, was used as the framework for *Healthy North Carolina 2030: A Path Toward Health* as well as Healthy People 2030 which helps guide work at the federal level (North Carolina Division of Public Health, 2022).

Figure 1
Population Health Model



Source: The University of Wisconsin Population Health Institute, 2016

Chapter 2: Lincoln County at a Glance

County History and Description

Harpe & Lincoln County Historical Association (2000) state that Lincoln County, named after General Benjamin Lincoln, was established in 1779 and spanned what is now more than three counties. Initially, inexpensive farmland attracted settlers to the area and in 1785 the town of Lincolnton was chartered and established as the county seat. Between 1841-1846, Lincoln County's footprint shrunk as land was carved out to create neighboring Cleveland, Catawba and Gaston counties.

Lincoln County is credited with several major contributions throughout the 19th century. North Carolina's first cotton mill was built near Lincolnton in 1813 and "by 1860 North Carolina had more textile mills than any other southern state" (Powell, 1989, p. 316). In addition to these contributions to the textile industry, Lincoln County was a leader in the iron industry and housed eight of North Carolina's 30 ironworks in 1860 (Powell, 1989). Lincoln County's rich history is celebrated with more than 30 listings on the National Register of Historic Places and numerous commemorative plaques sprinkled throughout the county (Lincoln Economic Development Association, n.d.).

Although once spanning 1800 square miles, Lincoln County now accounts for 307 square miles of the State's piedmont region (Lincoln County Historical Association, n.d.). Today, Lincoln County forms a rhomboid with farmland to the west, one municipality in the center and Lake Norman and the Catawba River boarding the eastern side.

Demographics

In recent years, Lincoln County's population growth has outpaced the State's. Lincoln County's population estimate increased from 78,265 residents in 2010 to 86,810 residents in 2020—a 10.9 percent increase compared to North Carolina's 9.5 percent increase during the same time frame (United States Census Bureau, 2010a; United States Census Bureau, 2020).

Figure 2

Lincoln County Population Estimates

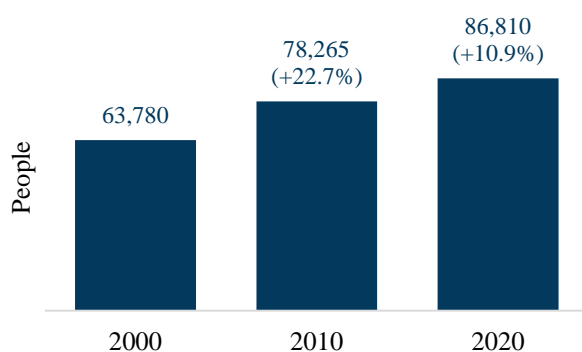
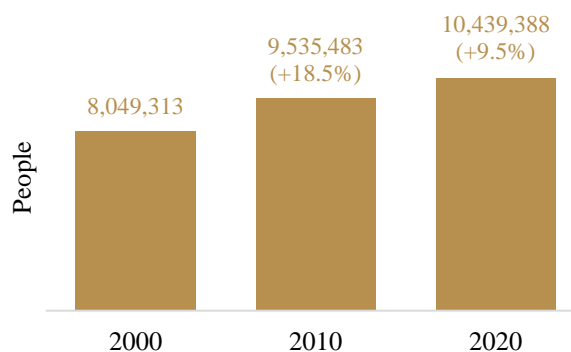


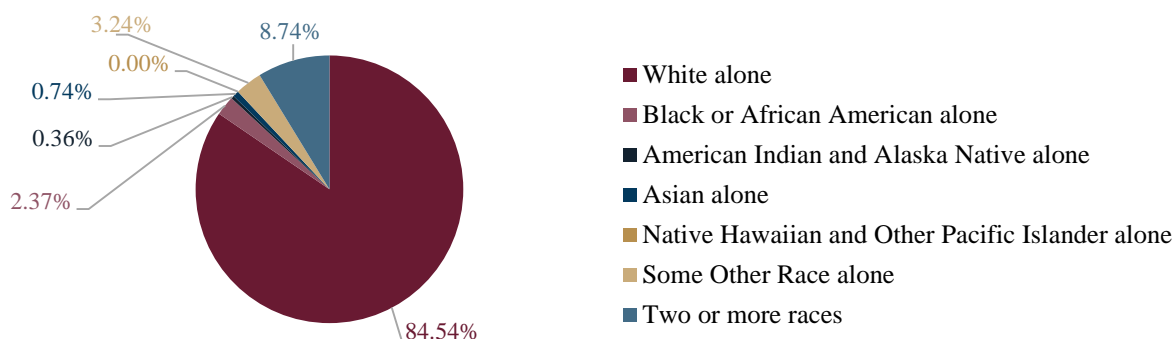
Figure 3

North Carolina Population Estimates

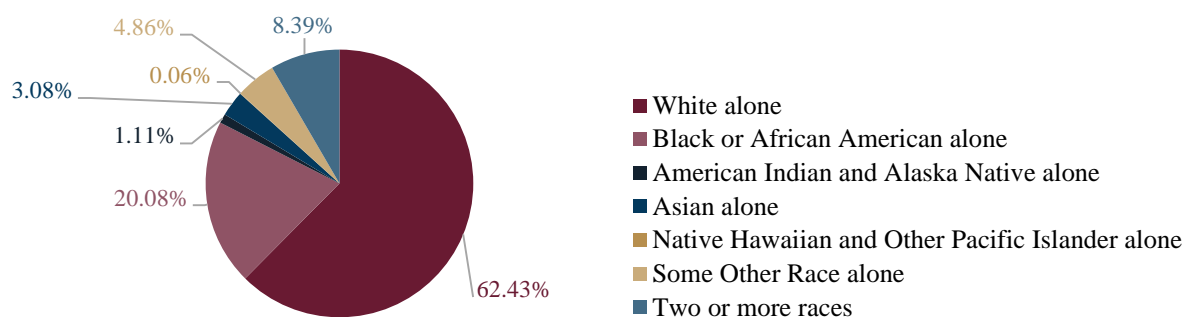


Source: United States Census Bureau, 2000, 2010 and 2020 Decennial Census

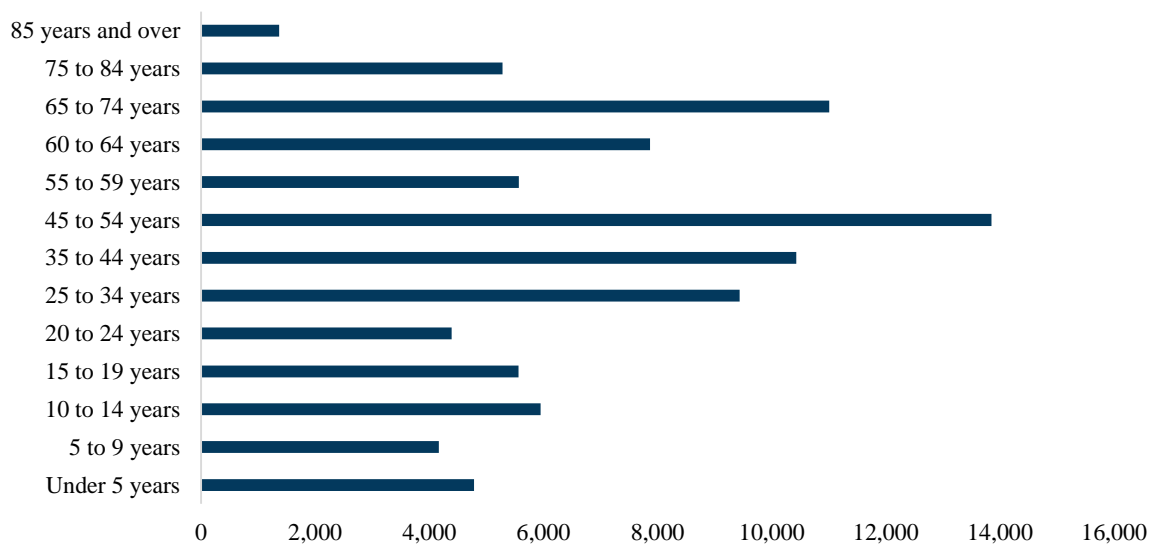
According to the United States Census Bureau (2021a), the American Community Survey Estimates indicated there are 96.8 males per 100 females in Lincoln County and 7.8 percent of the total population identifies as Hispanic or Latino. Additionally, the median age for Lincoln County was 45.2 years compared to 39.4 years for North Carolina. Additional information regarding Lincoln County's population is shown below in Figures 4-6.

Figure 4*2021 Lincoln County Total Population Race Estimates*

Source: United States Census Bureau, 2021 American Community Survey 1-Year Estimates

Figure 5*2021 North Carolina Total Population Race Estimates*

Source: United States Census Bureau, 2021 American Community Survey 1-Year Estimates

Figure 6*Lincoln County Population Age Estimates*

Source: United States Census Bureau, 2021 American Community Survey 1-Year Estimates

Chapter 3: Health Data Collection Process

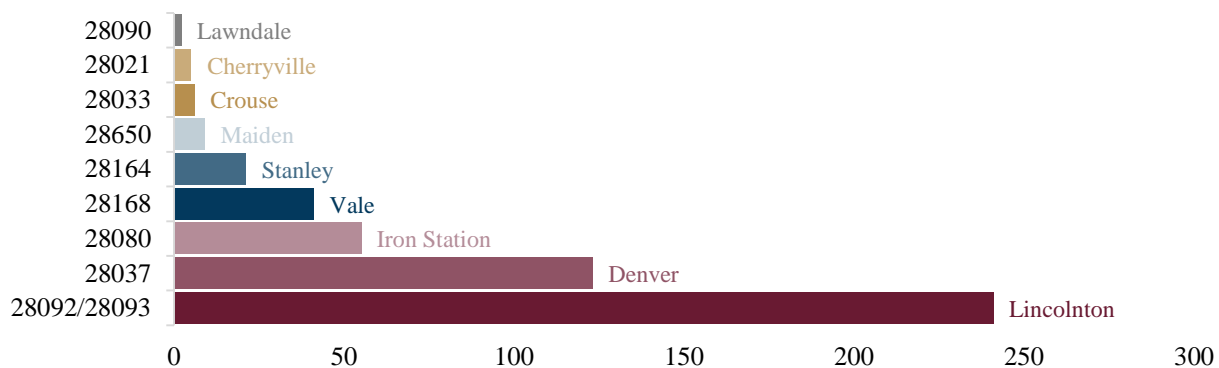
Primary Data Collection

The Partnership for Health team gathered primary data through a community health opinion survey. The 34-question survey was available online in English and Spanish via SurveyMonkey from mid-June through mid-October 2022. Paper copies of the survey were also available in English and Spanish at several locations throughout the County including the Health Department, Environmental Health, Senior Services, Department of Social Services and Lincoln County Public Libraries. Lincoln County residents ages 18 years old and older were the target population.

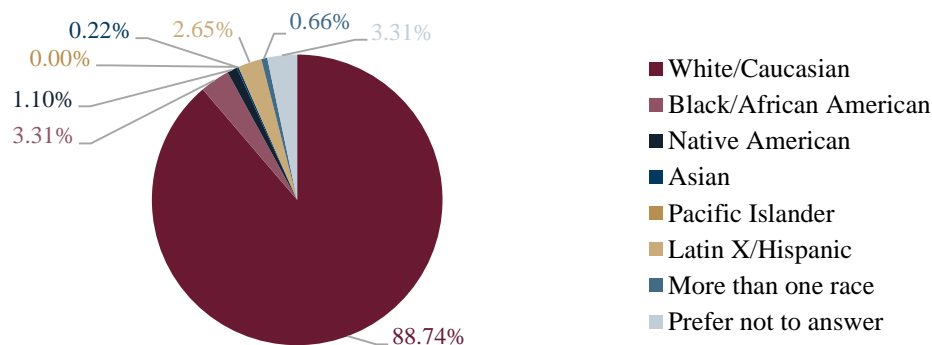
The survey was disseminated through a variety of survey modes. Survey participation was promoted through flyers, digital signage, social media, email and events/meetings. Flyers were placed at the Lincoln County YMCA and survey links were shared on Facebook, Lincoln County's website and the Lincoln Herald's website. Survey links were also shared with Lincoln County Health Department and Lincoln County Schools staff. Lastly, the Community Health Opinion Survey was promoted in-person at a variety of events and meetings throughout the County such as Denver Area Business Association Fireworks Festival, Lincoln County Board of Health, National Night Out, Day of Hope and the Apple Festival. In total, 572 surveys were collected from the community. Additional information regarding survey participation is shown in Figures 7-11.

Figure 7

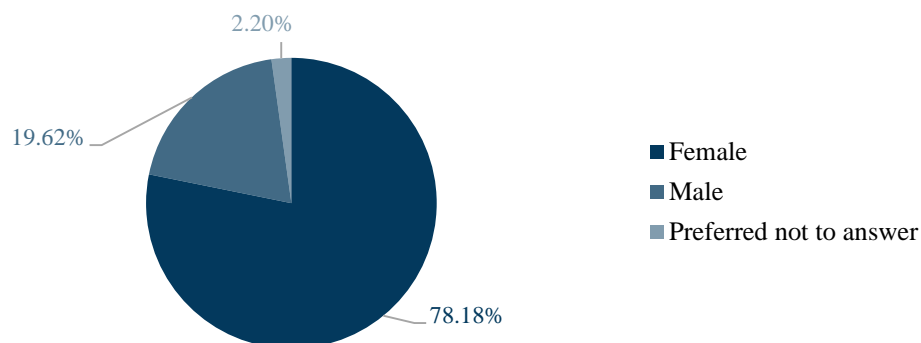
Participation in 2022 Lincoln County Community Health Opinion Survey by Zip Code



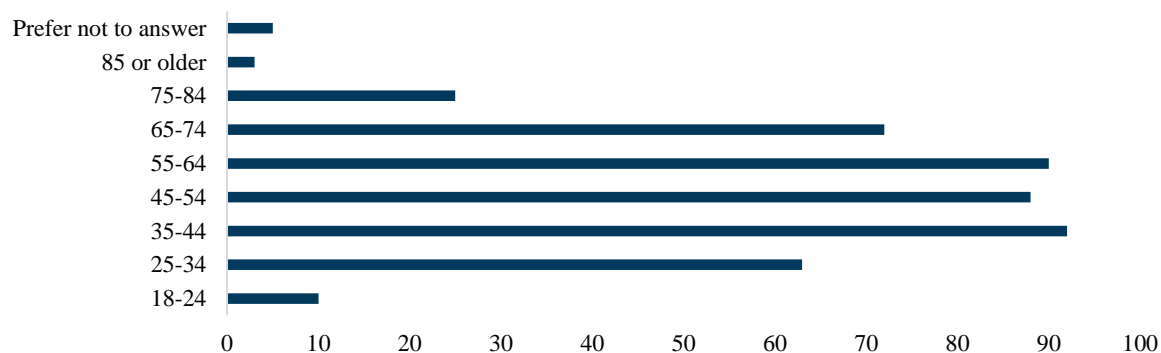
Source: 2022 Lincoln County Community Health Opinion Survey

Figure 8*Race/Ethnicity of 2022 Lincoln County Community Health Opinion Survey Participants*

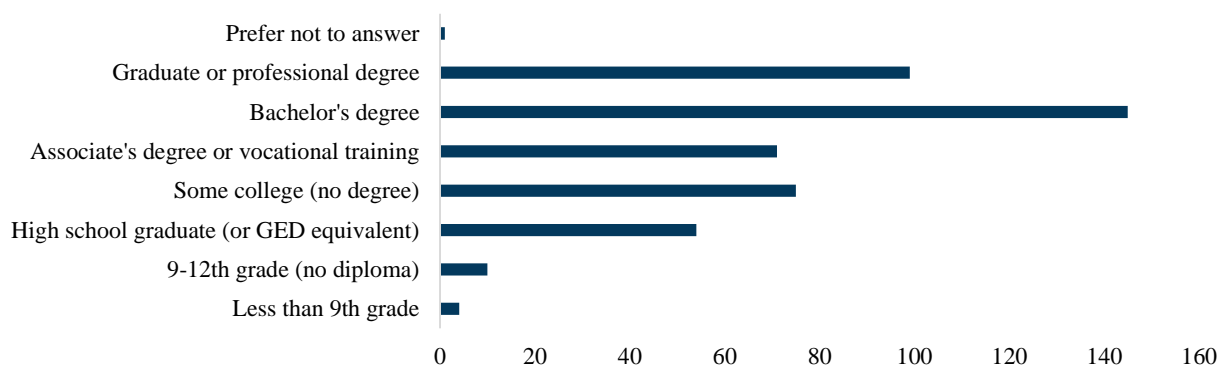
Source: 2022 Lincoln County Community Health Opinion Survey

Figure 9*Sex of 2022 Lincoln County Community Health Opinion Survey Participants*

Source: 2022 Lincoln County Community Health Opinion Survey

Figure 10*Age of 2022 Lincoln County Community Health Opinion Survey Participants*

Source: 2022 Lincoln County Community Health Opinion Survey

Figure 11*Educational Attainment of 2022 Lincoln County Community Health Opinion Survey Participants*

Source: 2022 Lincoln County Community Health Opinion Survey

Secondary Data Collection

Much of the secondary data used to complete the community health assessment was retrieved from the North Carolina Center for Health Statistics, United States Census Bureau, North Carolina Department of Public Instruction, County Health Rankings and Roadmaps, North Carolina HIV/STD/Hepatitis Surveillance Unit, North Carolina Tobacco Prevention and Control Branch and the United States Department of Agriculture. For a complete list of sources, please see the references section.

Limitations

The 2022 Lincoln County Community Health Opinion Survey faced several limitations including small sample size, use of convenience sampling and reliance on self-reported data. Results from convenience samples are not generalizable and vulnerable to selection bias (North Carolina Division of Public Health, 2014). Although the surveys were self-administered and anonymous, self-reported data is vulnerable to social desirability bias or “the tendency of individuals to present themselves in a manner that will be viewed favorably by others” (American Psychological Association, n.d.). Lastly, survey participation does not mirror Lincoln County’s demographics since youth were excluded from the survey and females accounted for 78 percent of responses.

These limitations were acknowledged when reviewing and interpreting data throughout the community health assessment process.

Prioritization Method

After reviewing the Community Health Opinion Survey results and secondary data, the Lincoln County Partnership for Health team used a multi-voting technique to select three priorities to address at the local level. This prioritization technique, one of five prioritization methods outlined in the National Association of County and City Health Officials’ *Guide to Prioritization Techniques*, was used to narrow down three key priorities from a lengthy list of topics (National Association of County and City Health Officials, n.d.).

Chapter 4: Health Data

Health Data Overview

The organization of this chapter follows a similar layout to the County Health Rankings Model (Figure 1), the *Healthy North Carolina 2030: A Path Toward Health (HNC 2030)* and the *2022 North Carolina State Health Improvement Plan*. Each of the 21 indicators selected in HNC 2030 were intentionally incorporated, where appropriate, and county-level data is provided for each indicator when possible. Results from the 2022 Lincoln County Community Health Opinion Survey are also threaded throughout this chapter, again where appropriate, to help paint a fuller picture of the health and well-being of residents within Lincoln County.

Understanding Data

One should keep a few things in mind when interpreting and analyzing data. Throughout this assessment, rates are used to report data whenever possible. Rates, as opposed to counts, allow for comparison among groups with varied population sizes. For example, a state would likely have more deaths annually than a county so a death rate, which is expressed per 1,000 or 100,000 people in a population, allows for easier comparison between the two groups.

According to Buescher (1998/2010), another method used for data comparison is the use of age-adjusted rates. Age-adjusted rates take into account the differences in age distribution among populations. Age-adjusted rates are presented whenever possible.

Health Outcomes Overview

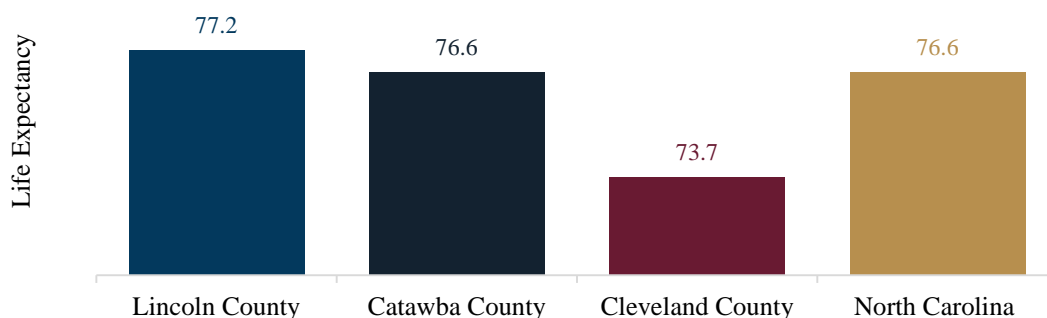
The County Health Rankings Model categorizes health outcomes into two buckets: length of life and quality of life (The University of Wisconsin Population Health Institute, 2016). Infant mortality rates and life expectancy are the two health indicators used in HNC 2030 to measure progress related to health outcomes and the overall well-being of North Carolinians (North Carolina Institute of Medicine, 2020). In addition to data regarding infant mortality and life expectancy, this section provides a closer look at leading causes of death, overall mortality rates and quality of life measures.

Life Expectancy

“Life Expectancy (LE) is the average number of additional years that someone at a given age would be expected to live if he/she were to experience throughout life the age-specific death rates observed in a specified reference period” (North Carolina Center for Health Statistics, 2022c). The most recent life expectancies reports indicate that Lincoln County’s life expectancy is longer than the life expectancy for North Carolina and neighboring Catawba and Cleveland counties.

Figure 12

2020 State of North Carolina and 2018-20 County Life Expectancy at Birth



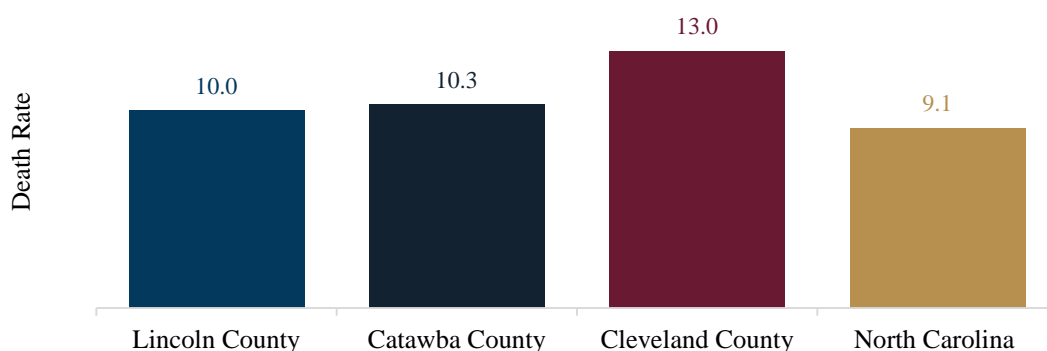
Source: North Carolina Center for Health Statistics, n.d.

Mortality

According to the North Carolina Center for Health Statistics (2021a), in 2019, Lincoln County's total death rate was higher than the State's but lower than neighboring Catawba and Cleveland counties. As for infant mortality (deaths occurring before age one), Lincoln County's infant death rate was lower than neighboring Catawba and Cleveland counties and significantly lower than the State's.

Figure 13

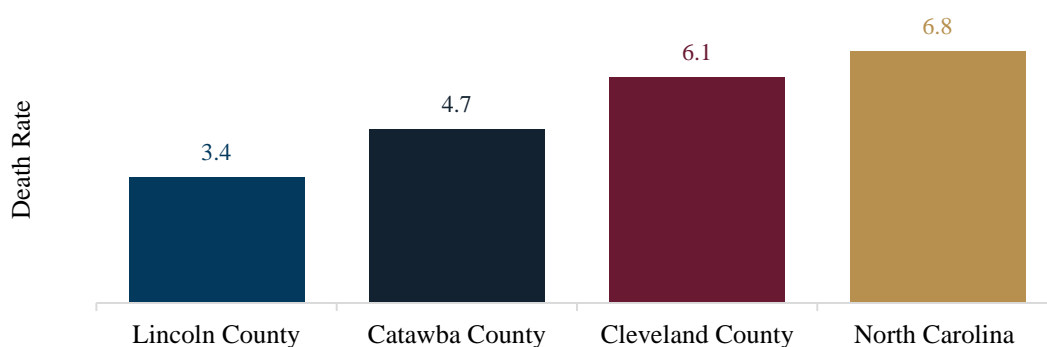
2019 Total Deaths Rates (Excluding Fetals) per 1,000 Population



Source: North Carolina Center for Health Statistics, 2021

Figure 14

2019 North Carolina Resident Infant Death Rates per 1,000 Live Births



Source: North Carolina Center for Health Statistics, 2021

Leading Causes of Death

Cause-of-death rankings capture the most common causes of death (of the available categories) and help to highlight “the relative burden of cause-specific mortality” (Heron, 2021, p.1). In 2019, North Carolina’s two leading causes of death—cancer and heart disease—accounted for 41 percent of all deaths (North Carolina Center for Health Statistics, 2021b). The next two sections examine county-level incidence and death rates for cancer as well as death rates heart disease.

The North Carolina Center for Health Statistics defines the incidence of disease as the “number of new occurrences of a disease within a particular time period” (North Carolina Center for Health Statistics, 2022c).

Table 1

2019 Leading Causes of Death for North Carolina Residents of All Ages

| Rank | Cause | Number |
|-------------|---|---------------|
| 1. | Cancer | 19,693 |
| 2. | Diseases of the heart | 19,661 |
| 3. | Chronic lower respiratory diseases | 5,411 |
| 4. | Cerebrovascular disease | 5,203 |
| 5. | Other unintentional injuries | 4,683 |
| 6. | Alzheimer’s disease | 4,508 |
| 7. | Diabetes mellitus | 3,127 |
| 8. | Nephritis, nephrotic syndrome and nephrosis | 2,121 |
| 9. | Pneumonia and influenza | 1,733 |
| 10. | Motor vehicle injuries | 1,608 |
| | All other causes (residual) | 27,933 |
| | Total deaths (all causes) | 95,951 |

Source: North Carolina Center for Health Statistics, 2021

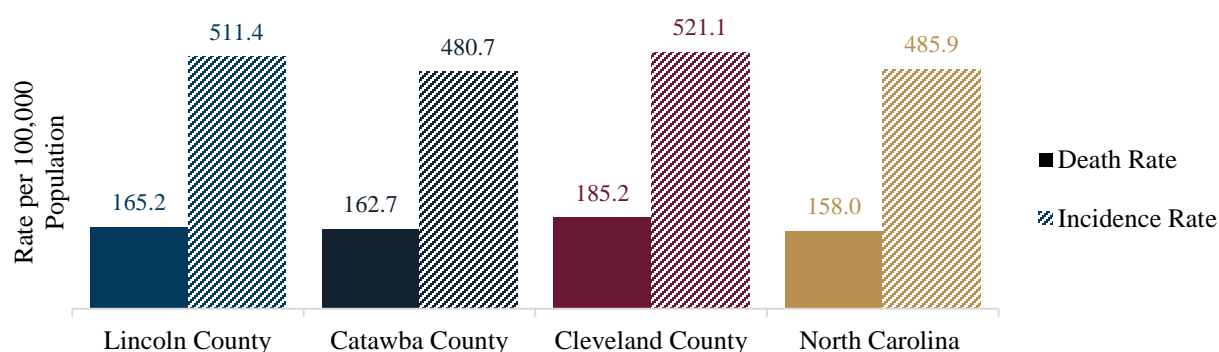
Cancer

According to the North Carolina Center for Health Statistics (2021b), cancer was the leading cause of death in North Carolina and Lincoln County in 2019. Of the 19,963 deaths in North Carolina caused by cancer in 2019, nearly 26 percent were caused by lung cancer. If lung cancer was eligible for the leading-causes-of-death rankings, rather than being lumped into the cancer category, it would be the fifth leading cause of death in North Carolina.

For mortality and morbidity comparison, Figures 15-19 illustrate age-adjusted death rates alongside incidence rates for various types of cancer.

Figure 15

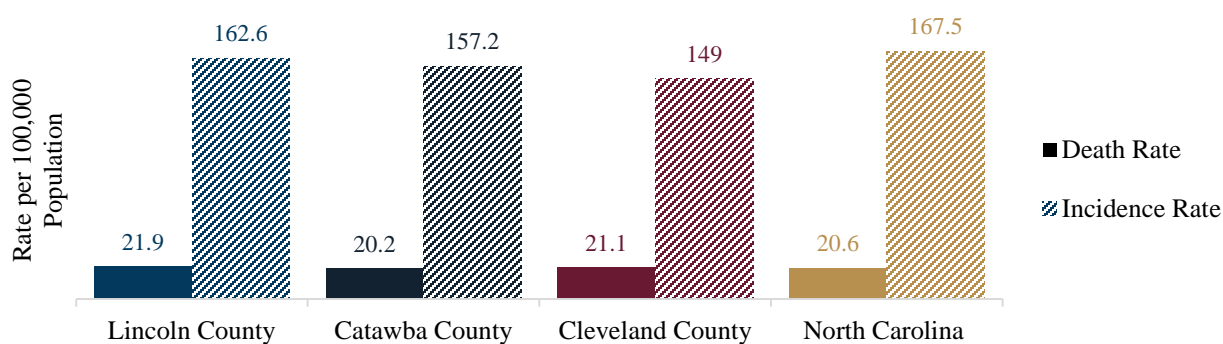
2015-19 Age-Adjusted Death and Incidence Rates from Cancer All Sites



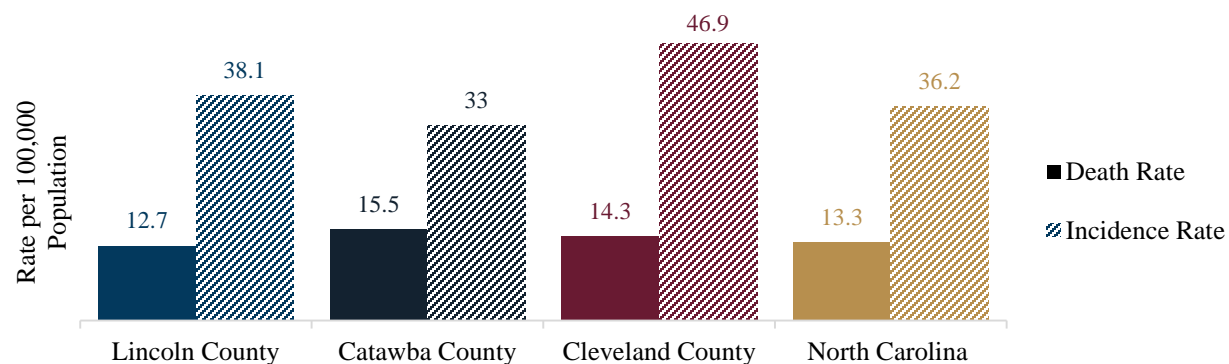
Sources: North Carolina Center for Health Statistics, 2021 and North Carolina Central Cancer Registry, 2022

Figure 16

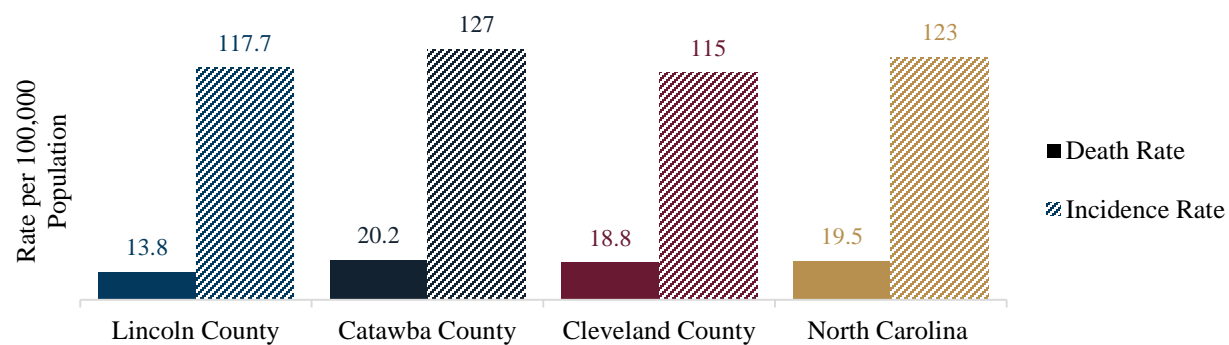
2015-19 Age-Adjusted Death and Incidence Rates from Female Breast Cancer



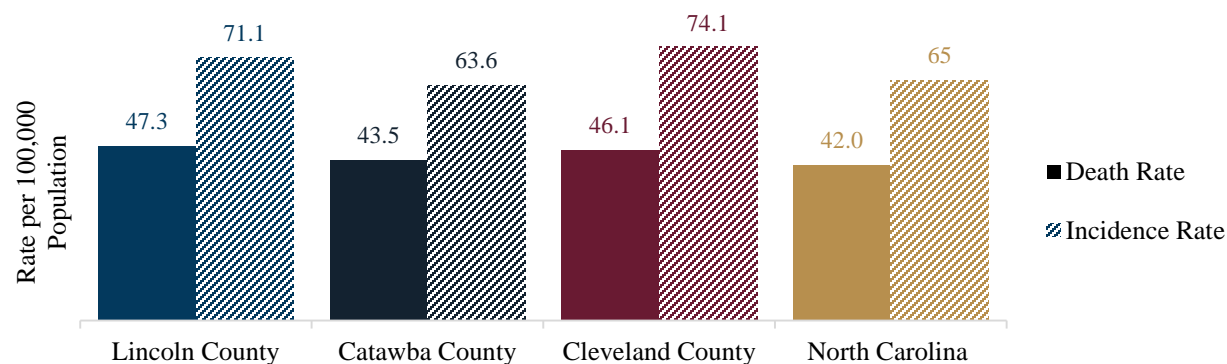
Sources: North Carolina Center for Health Statistics, 2021 and North Carolina Central Cancer Registry, 2022

Figure 17*2015-19 Age-Adjusted Death and Incidence Rates from Colon, Rectum and Anus Cancer*

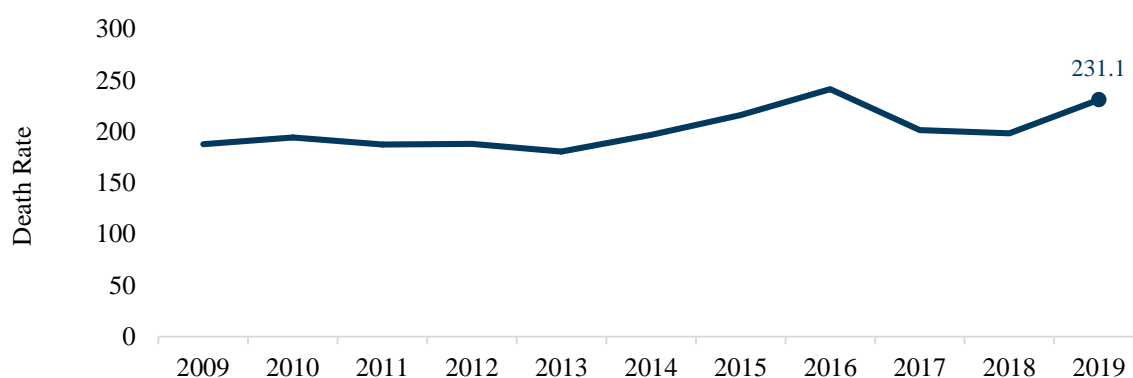
Sources: North Carolina Center for Health Statistics, 2021 and North Carolina Central Cancer Registry, 2022

Figure 18*2015-19 Age-Adjusted Death and Incidence Rates from Prostate Cancer*

Sources: North Carolina Center for Health Statistics, 2021 and North Carolina Central Cancer Registry, 2022

Figure 19*2015-19 Age-Adjusted Death and Incidence Rates from Trachea, Bronchus and Lung Cancer*

Sources: North Carolina Center for Health Statistics, 2021 and North Carolina Central Cancer Registry, 2022

Figure 20*Lincoln County Death Rate from All Cancers*

Source: North Carolina Center for Health Statistics, 2010-2021

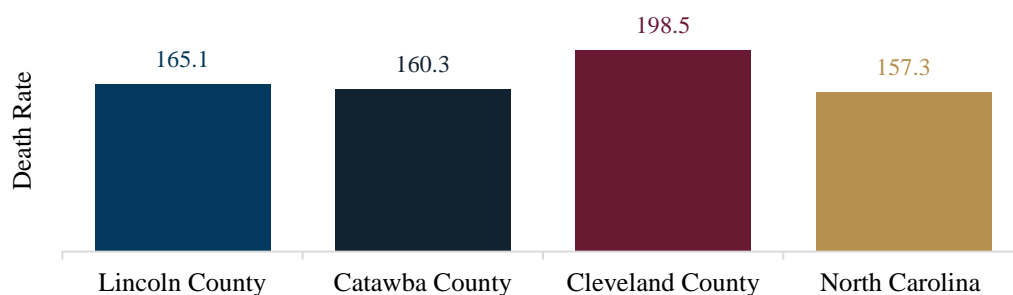
In summary, cancer poses a large public health threat for the Nation, North Carolina and Lincoln County. Lincoln County has higher age-adjusted death rates and age-adjusted incident rates for cancer of all sites compared to the State (North Carolina Center for Health Statistics, 2021b; North Carolina Central Cancer Registry, 2022).

The trend analysis in Figure 20 indicates that the County's death rate from all cancers is trending upward from a death rate of 187.6 in 2009 to 231.1 in 2019 (North Carolina Center for Health Statistics, 2010-2021). Of all deaths in Lincoln County caused by cancer in 2019, nearly 30 percent were caused by lung cancer (North Carolina Center for Health Statistics, 2021b).

Heart Disease

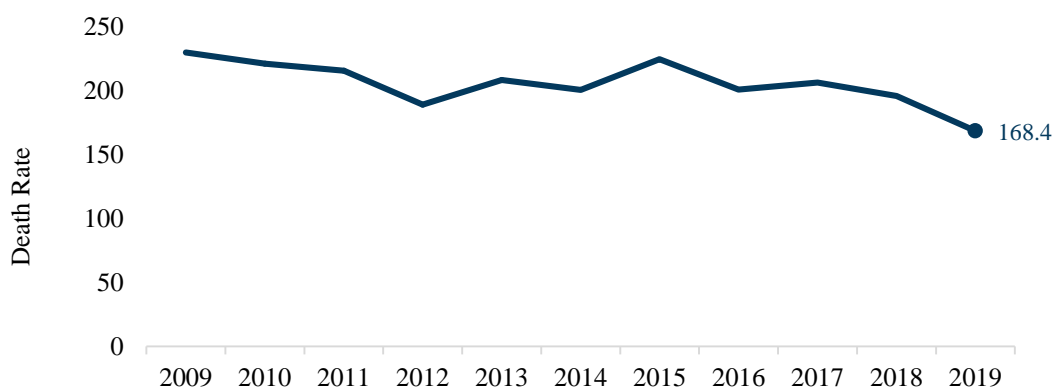
According to the North Carolina Center for Health Statistics (2021b), heart disease was the second leading cause of death in North Carolina and Lincoln County in 2019. Risk factors for heart disease include high blood pressure, high blood cholesterol and smoking along with certain medical conditions (e.g., diabetes) and lifestyle choices (e.g., unhealthy diet and physical inactivity) (Centers for Disease Control and Prevention, n.d.-a).

Figure 21
2015-19 Age-Adjusted Death Rate from Heart Disease



Source: North Carolina Center for Health Statistics, 2021

Figure 22
Lincoln County Death Rate from Heart Disease



Source: North Carolina Center for Health Statistics, 2010-2021

In summary, heart disease is a significant health concern for Lincoln County. Although the trend analysis in Figure 22 indicates a recent decline in the County's death rate from heart disease, Figure 21 reveals Lincoln County's age-adjusted death rate is still higher than the State's (North Carolina Center for Health Statistics, 2021b).

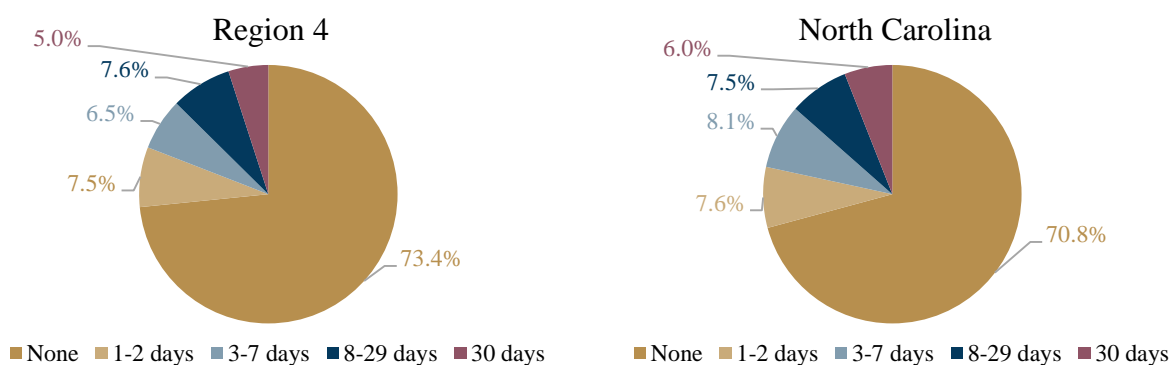
Quality of Life

According to the North Carolina Center for Health Statistics (2018), the Behavioral Risk Factor Surveillance System (BRFSS) is a random survey of adult state residents conducted by telephone. The BRFSS, originally created by the CDC in the early 1980s, has been conducted in North Carolina since 1987. Although telephone surveys are conducted monthly, data is analyzed on an annual basis. Lincoln County is part of the BRFSS's Region 4 in the NC Association of Local Health Directors Regions; therefore, data from Region 4 is used throughout this assessment.

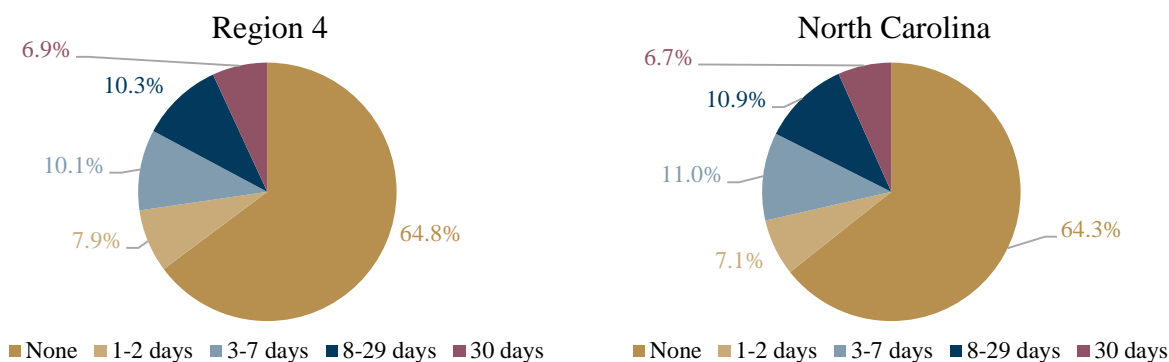
There are several questions included in the BRFSS designed to measure population health-related quality of life. 2021 BRFSS respondents' answers for these questions are illustrated in Figures 23-26 alongside North Carolina's responses for comparison. Additionally, survey results from questions related to quality of life from the 2022 Lincoln County Community Health Opinion Survey are shown in Figure 27.

Figure 23

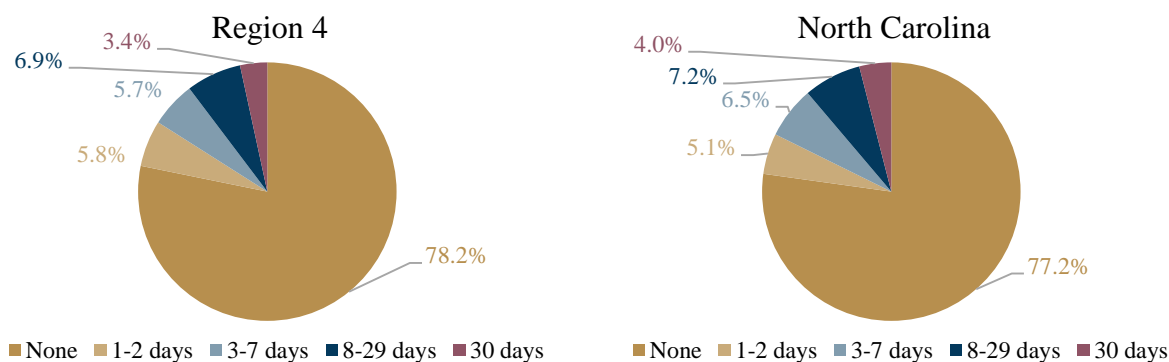
Number of Days Adults Reported Poor Physical Health in the Past 30 Days



Source: North Carolina Center for Health Statistics, 2022, Behavioral Risk Factor Surveillance System

Figure 24*Number of Days Adults Reported Poor Mental Health in the Past 30 Days*

Source: North Carolina Center for Health Statistics, 2022, Behavioral Risk Factor Surveillance System

Figure 25*Number of Days Adults Reported Poor Physical or Mental Health in the Past 30 Days that Kept Them from Doing Usual Activities*

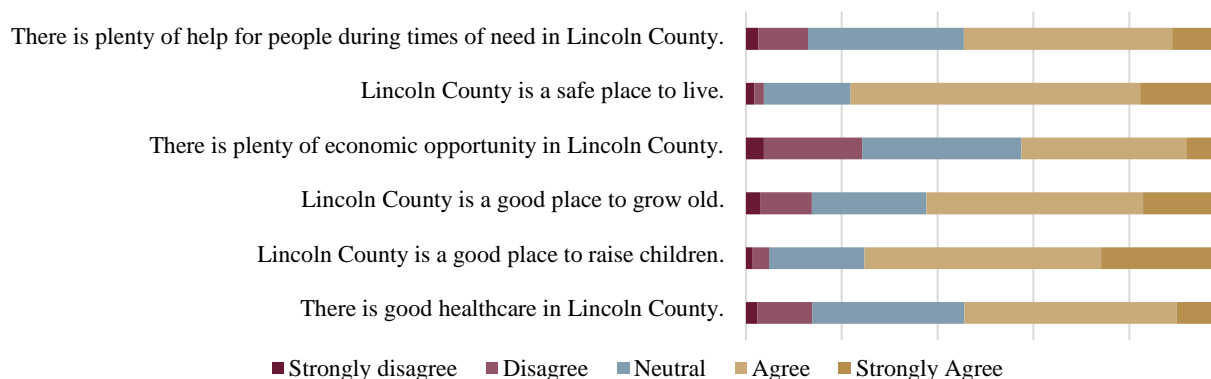
*Respondents who reported no mental and physical health problems in the past month were not asked this question; however, they are included in the “none” category.

Source: North Carolina Center for Health Statistics, 2022, Behavioral Risk Factor Surveillance System

Figure 26*Percentage of Adults Reporting Frequent Mental Distress within the Past 30 Days**

*Frequent mental distress was defined as having 14 or more days of poor mental health (including stress, depression and problems with emotions) in the past 30 days.

Source: North Carolina Center for Health Statistics, 2022, Behavioral Risk Factor Surveillance System

Figure 27*2022 Lincoln County Community Health Opinion Survey Results: Quality of Life Statements*

Source: 2022 Lincoln County Community Health Opinion Survey

In summary, 2021 BRFSS results revealed that more Region 4 respondents report no days of poor physical and mental health more than respondents statewide (North Carolina Center for Health Statistics, 2022b). Figure 27 shows that for five out of the six questions related to quality of life, a majority of 2022 Lincoln County Community Health Opinion respondents agreed or strongly agreed. The exception to this pattern, was only 42.5 percent of respondents agreed or strongly agreed with the statement “There is plenty of economic opportunity in Lincoln County.”

Although it is difficult to measure and relies on self-reported information, quality-of-life data can supplement other measures and give insight to a population’s perceived health status and well-being (Centers for Disease Control and Prevention, n.d.-k).

Health Behaviors Overview

Health behaviors can positively or negatively impact health. For example, eating a balanced diet, avoiding tobacco products and exercising regularly are health behaviors that promote health.

North Carolina Institute of Medicine (2020) explains that health behaviors can be influenced by social and economic factors (e.g., income) as well as our physical environment (e.g., access to safe places to exercise). The HNC 2030 health indicators related to health behaviors include drug overdose death rates, tobacco use, excessive drinking, sugar-sweetened beverage consumption, HIV diagnosis rates and teen birth rates.

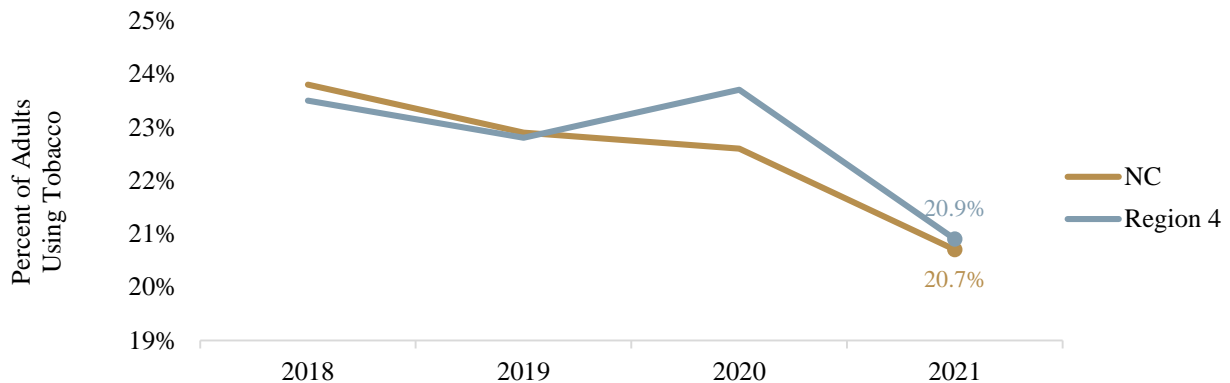
Tobacco Use

Tobacco use is the leading preventable cause of death and disease in North Carolina and the Nation (North Carolina Tobacco Prevention and Control Branch, 2022).

The BRFSS survey provides insight regarding current tobacco use among adults in North Carolina. The North Carolina Youth Tobacco Survey (NC YTS) is conducted in a random sample of public schools every two years and provides insight regarding tobacco use among North Carolina's youth (North Carolina Tobacco Prevention and Control Branch, 2021).

Figure 28

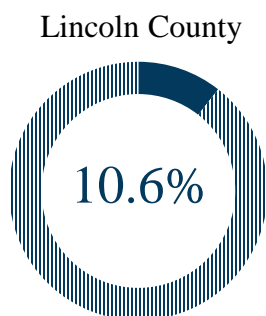
Current Tobacco Use Among Adults in North Carolina



Source: North Carolina Center for Health Statistics, 2019-2022 , Behavioral Risk Factor Surveillance System

Figure 29

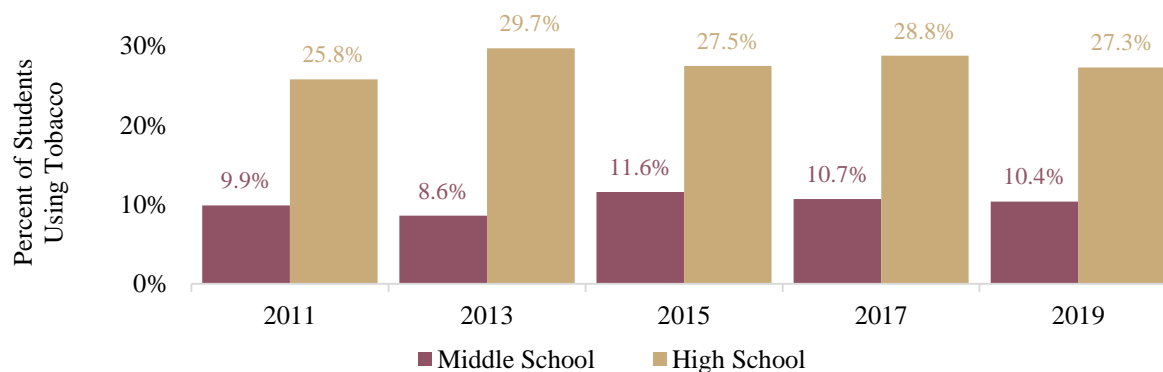
Percentage of 2022 Lincoln County Community Health Opinion Survey Respondents Reporting Use of a Tobacco Product



Source: 2022 Lincoln County Community Health Opinion Survey

Figure 30

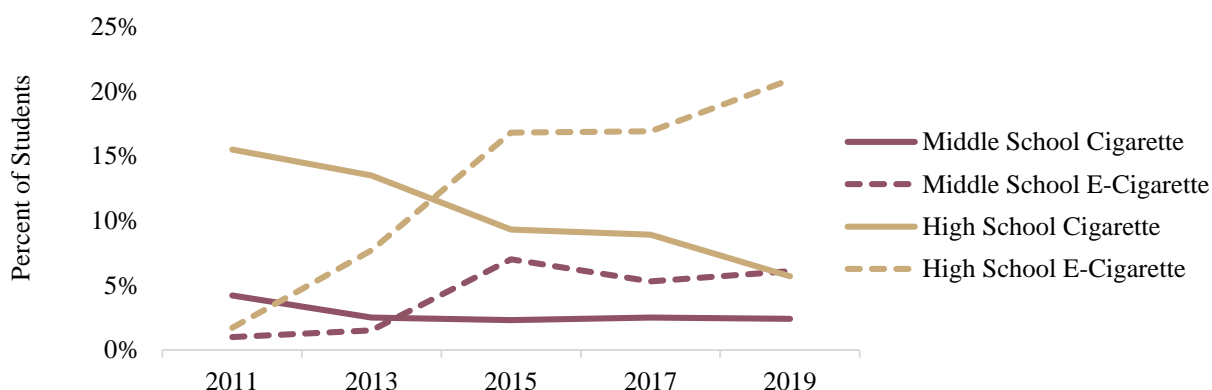
Current Tobacco Use Among Middle and High School Students in North Carolina



Source: North Carolina Tobacco Prevention and Control Branch, 2012-2021, North Carolina Youth Tobacco Survey

Figure 31

Current Use of Cigarettes and E-cigarettes Among Middle and High School Students in North Carolina



Source: North Carolina Tobacco Prevention and Control Branch, 2012-2021, North Carolina Youth Tobacco Survey

In summary, tobacco use is a major health concern for the Nation, State and Lincoln County. Although Figure 28 indicates a decline in overall tobacco use for both the State and Lincoln County, nearly 21 percent of adults still reported using a tobacco product in 2021 (North Carolina Center for Health Statistics, 2022b).

As for youth, Figure 31 illustrates a decline in cigarette smoking among North Carolinian youth alongside the uptick in electronic cigarette (e-cigarette) usage (North Carolina Tobacco Prevention and Control Branch, 2012-2021). In fact, results from the past five North Carolina Youth Tobacco Surveys indicate e-cigarette use has increased by 510 percent among middle school students and 1,129 percent among high school students between 2011 and 2019 (North Carolina Tobacco Prevention and Control Branch, 2021).

Diet and Exercise

Nutrition and physical activity have a significant impact on health. Healthy eating can strengthen bones; boost immunity; support skin, teeth and eye health; and help maintain a healthy weight in adults and children (Centers for Disease Control and Prevention, n.d.-d). It can also lower risk of heart disease, type 2 diabetes and some cancers for adults (Centers for Disease Control and Prevention, n.d.-d).

As for exercise, physical activity offers a variety of benefits to adults as it improves sleep, reduces blood pressure and reduces the risk for dementia, heart disease, stroke, type 2 diabetes and weight gain (Centers for Disease Control and Prevention, n.d.-j).

Figures 32-35 show 2021 BRFSS and 2022 Lincoln County Community Health Opinion Survey results from questions related to diet and exercise.

Figure 32

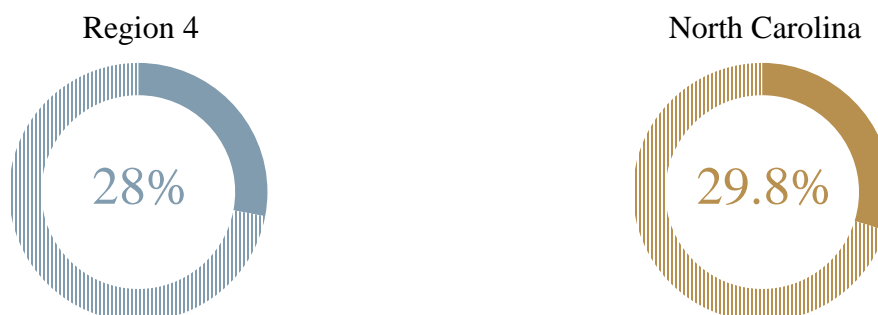
Percentage of Adults Reporting Consuming Fruits or Vegetables or Beans Five or More Times per Day



Source: North Carolina Center for Health Statistics, 2022, Behavioral Risk Factor Surveillance System

Figure 33

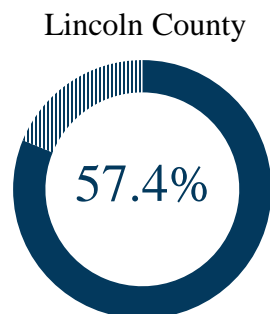
Percentage of Adults Reporting Drinking One or More Sugar-Sweetened Drink per Day



Source: North Carolina Center for Health Statistics, 2022, Behavioral Risk Factor Surveillance System

Figure 34

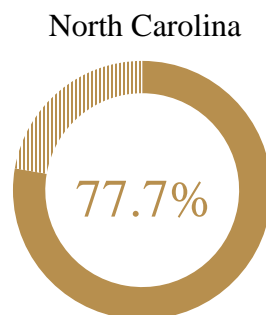
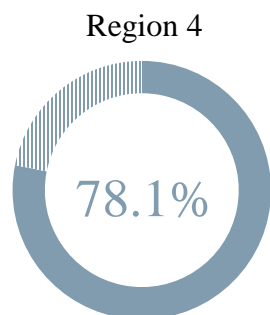
Percentage of Adults Reporting Drinking One or More Sugar-Sweetened Drink per Day



Source: 2022 Lincoln County Community Health Opinion Survey

Figure 35

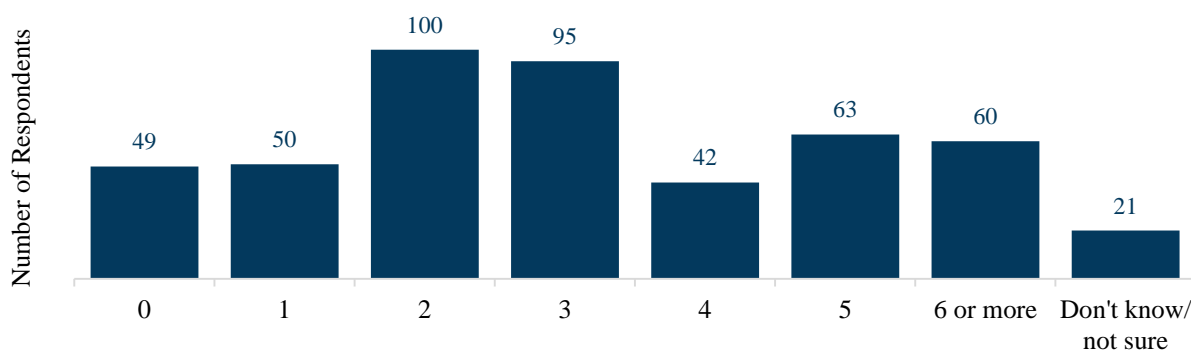
Percentage of Adults Reporting Participation in Physical Activity or Exercise, Other Than Their Job, in the Past Month



Source: North Carolina Center for Health Statistics, 2022, Behavioral Risk Factor Surveillance System

Figure 36

Number of Times Per Week Adults Reported Engaging in Physical Activity/Exercise, Outside of Regular Job, Lasting at least 30 Minutes



Source: 2022 Lincoln County Community Health Opinion Survey

In summary, not all residents in the State, Region 4 or Lincoln County reported meeting the recommended guidelines for diet and exercise. According to the 2021 BRFSS results, only 10.8 percent of statewide respondents and 8.9 percent of Region 4 respondents reported consuming fruits, vegetables or beans five or more times per day (North Carolina Center for Health Statistics, 2022b).

Another measure for a healthy diet is sugar-sweetened beverage consumption. Sugar-sweetened beverages (SSBs) are the main source of added sugars in American's diets and regular consumption is associated with a lengthy list of health consequences (Centers for Disease Control and Prevention, n.d.-i). Sugar-sweetened beverage consumption is a HNC 2030 health indicator and the target for adults is to reach 20.0 percent reporting consumption of one or more sugar-sweetened beverages per day by 2030 (North Carolina Institute of Medicine, 2020). Figures 33-34 indicate a range of self-reported sugar-sweetened beverage consumption; however, both the primary and secondary data demonstrated a need to decrease consumption to reach the target by 2030.

Lastly, the 2021 BRFSS results indicate that more than three fourths of North Carolina respondents and Region 4 respondents reported physical activity in the past month (North Carolina Center for Health Statistics, 2022b). Only 26 percent of 2022 Lincoln County Community Health Opinion Survey respondents reported exercising for 30 minutes at least five days a week which meets the recommendation for 150 minutes of moderate physical activity per week (Centers for Disease Control and Prevention, n.d.-e).

Alcohol and Drug Use

The Centers for Disease Control and Prevention (n.d.-c) states that excessive alcohol use is associated with many short-term and long-term health risks. Short-term health risks include motor vehicle crashes, violence and alcohol poisoning. Long-term health risks include alcohol use disorders, mental health problems, development of chronic diseases, and problems such as high blood pressure, heart disease, stroke and liver disease.

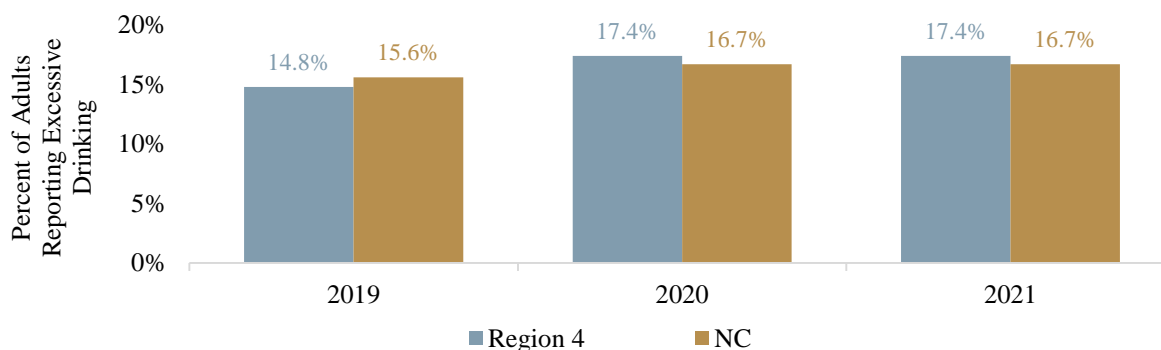
According to the Substance Abuse and Mental Health Services Administration (2022b), drug use can lead to dependence, addiction and accidents as well as a lengthy list of health consequences including increased risk of HIV, confusion and brain damage. Nationally, drug use among adults is increasing with the high rates occurring among young adults ages 18-25.

Recently, North Carolina has seen an increase in drug overdose deaths. From 2019 to 2020 the State's drug overdose deaths increased by 40 percent and from 2020 to 2021 it increased another 15 percent (Injury and Violence Prevention Branch, n.d.).

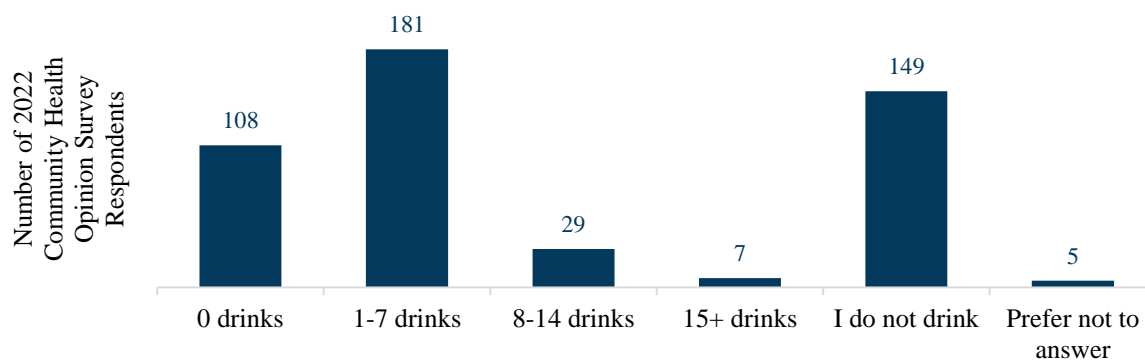
Both excessive drinking and drug overdose deaths are HNC 2030 health indicators with excessive drinking measuring the percentage of adults reporting heavy and binge drinking (North Carolina Institute of Medicine, 2020).

Figure 37

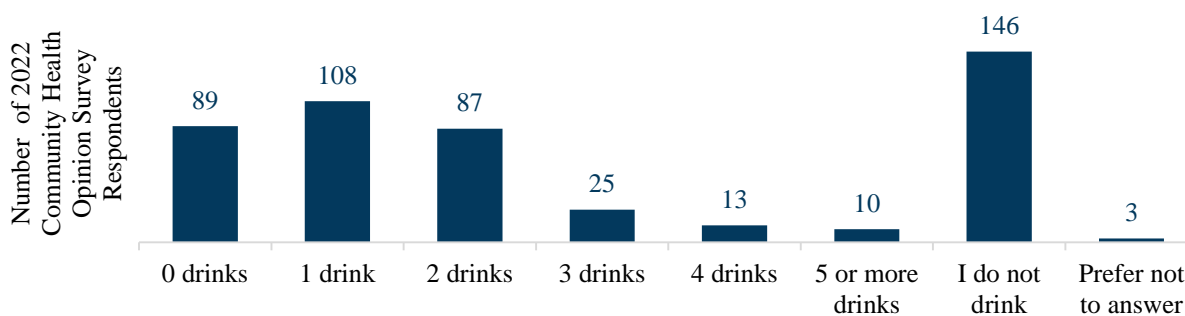
Adults Reporting Excessive Drinking in Local Health Director Region 4 and North Carolina



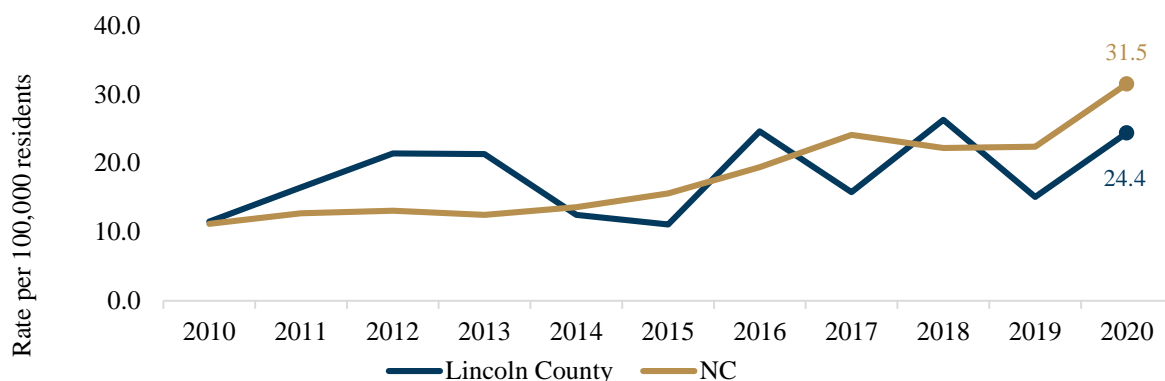
Source: North Carolina Center for Health Statistics, 2020-2022, Behavioral Risk Factor Surveillance System

Figure 38*Average Number of Alcoholic Drinks Consumed per Week in the Past 30 Days*

Source: 2022 Lincoln County Community Health Opinion Survey

Figure 39*Average Number of Alcoholic Drinks Consumed on the Days Respondents Drank Alcohol in the Past 30 Days*

Source: 2022 Lincoln County Community Health Opinion Survey

Figure 40*Drug Overdose Death Rate per 100,000 Residents*

Note: includes fatal overdoses of all intents

Source: North Carolina Department of Health and Human Services, Injury and Violence Prevention Branch

Figure 41*Percent of Overdose Deaths Involving Illicit Opioids (2021)*

Source: North Carolina Department of Health and Human Services, Injury and Violence Prevention Branch

In summary, excessive drinking and substance use are ongoing challenges at the national, state and local level. Local Health Director Region 4 BRFSS respondents reported slightly higher rates of excessive drinking in 2021 when compared to statewide respondents (North Carolina Center for Health Statistics, 2022b). Additionally, the drug overdose death rate continues to climb in Lincoln County and the State. From 2019 to 2020 drug overdose deaths increased by 40 percent in North Carolina and by nearly 62 percent in Lincoln County (North Carolina Center for Health Statistics, 2023). Lastly, Figure 40 underscores the role of illicit opioids in drug overdose deaths and reveals the severity of the opioid epidemic in North Carolina and Lincoln County (Injury and Violence Prevention Branch, n.d.).

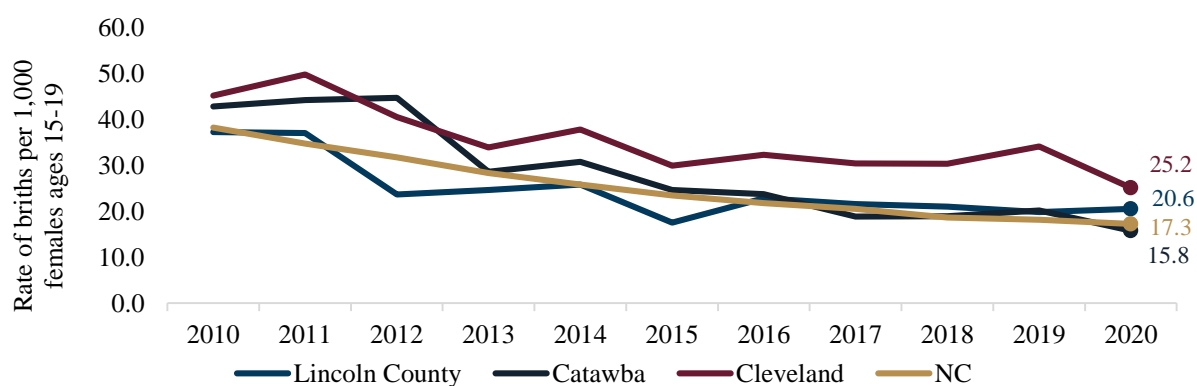
Sexual Health

Teen birth rate and human immunodeficiency virus (HIV) diagnosis rates are HNC 2030 health indicators that shed light on population sexual health (North Carolina Institute of Medicine, 2020). Both family planning and sexually transmitted infections (STIs) “affect short- and long-term health and socioeconomic conditions” (North Carolina Institute of Medicine, 2020, p. 75).

Newly diagnosed HIV rates can also point to drug use since HIV is primarily spread through sex and equipment (e.g., contaminated needles) used to inject drugs (North Carolina HIV/STD/Hepatitis Surveillance Unit, 2021).

Figure 42

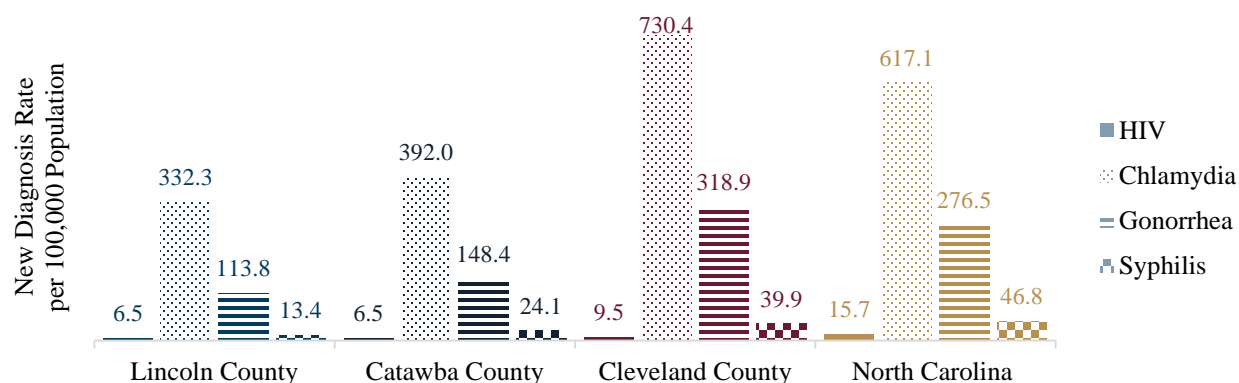
Teen Birth Rates for Females Ages 15-19



Source: North Carolina Center for Health Statistics, n.d.-n.d., Vital Statistics

Figure 43

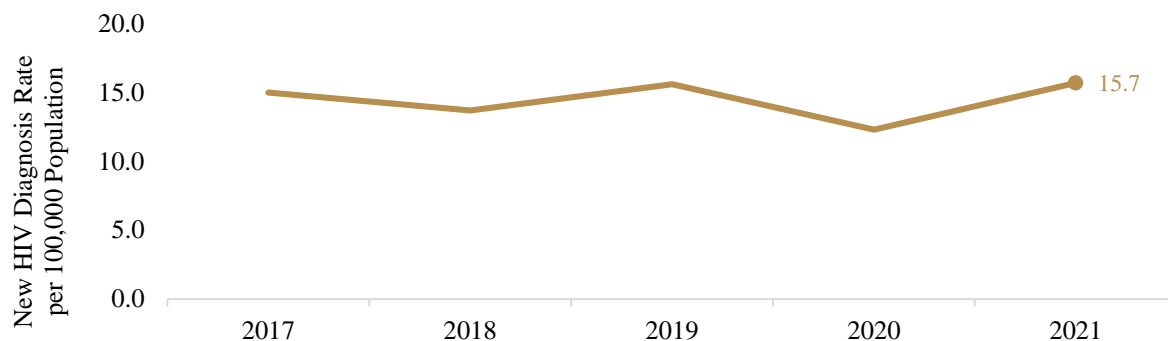
Newly Diagnosed HIV, Chlamydia, Gonorrhea and Syphilis⁺ Rates (2021)*



+Syphilis rate is the total rate (includes primary, secondary, early as well as unknown and late stages)

*Use caution interpreting HIV rates for Lincoln, Catawba and Cleveland counties; they are based on numbers fewer than 10

Source: North Carolina HIV/STD/Hepatitis Surveillance Unit, 2022

Figure 44*Newly Diagnosed HIV Rates in North Carolina*

Note: treat 2020 data with caution due to reduced availability of testing due to COVID-19 pandemic

Source: North Carolina HIV/STD/Hepatitis Surveillance Unit, 2021

In summary, according to data from the North Carolina Center from Health Statistics (n.d.-n.d.), North Carolina has seen a steady decline in teen birth rates for females ages 15-19 over the last decade. Lincoln County has observed a similar trend but had a slightly higher birth rate (20.6) than the State's (17.3) in 2020.

As for STIs, Lincoln County saw lower newly diagnosed rates for chlamydia, gonorrhea and syphilis than Catawba County, Cleveland County and North Carolina in 2021 (North Carolina HIV/STD/Hepatitis Surveillance Unit, 2022). As for newly diagnosed HIV rates, data for Lincoln County was omitted from Figure 44 since it is based on such a small number of reported cases; however, the State's rate of newly diagnosed HIV rates has held relatively steady over the last several years (North Carolina HIV/STD/Hepatitis Surveillance Unit, 2021).

Clinical Care Overview

A variety of factors including comprehensive health insurance, access to providers, provider availability and proximity to care all contribute to one's access to care (County Health Rankings and Roadmaps, n.d.-a). The uninsured rate, primary care workforce, early prenatal care use and suicide rate are all HNC 2030 indicators used to measure access and quality of clinical care (North Carolina Institute of Medicine, 2020).

Access to care is not a new challenge for Lincoln County. In fact, Lincoln County, which is partially rural, has federally designated Health Professional Shortage Areas in primary care, dental health and mental health (Health Resources and Services Administration, n.d.). Residents of rural areas face greater risk of poor health outcomes due to a variety of factors including overall less access to healthcare and higher rates of poverty, cigarette smoking and obesity (Centers for Disease Control and Prevention, n.d.-b).

Several questions regarding access to care were included in the 2022 Lincoln County Community Health Opinion Survey and results are shown in Table 2 and Figures 45-46.

Table 2

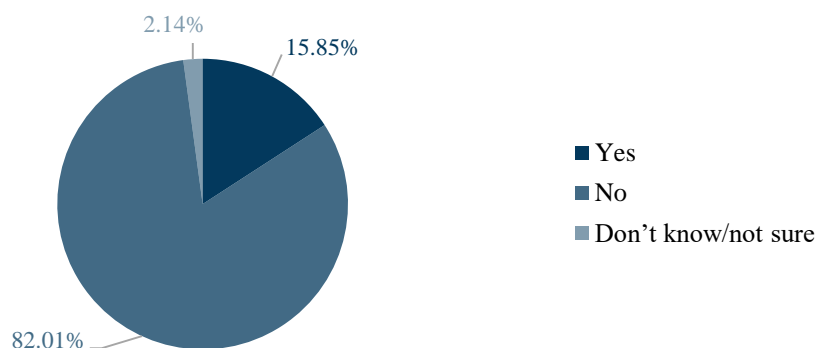
*Most Well-Known Services Offered at the Lincoln County Health Department
(1= most well-known service and 17= least well-known service)*

| Rank | Service |
|------|--|
| 1. | Child Health |
| 2. | Adult Health |
| 3. | Woman, Infant and Children Program (WIC) |
| 4. | General Clinic |
| 5. | Laboratory Testing |
| 6. | Communicable Disease (STD testing, Tuberculosis Control) |
| 7. | Vital Records (Birth and Death Certificates) |
| 8. | Community Health (Education and Programming) |
| 9. | Be Smart Family Planning |
| 10. | Private Drinking Well Water Testing/Program |
| 11. | Septic Systems Inspections |
| 12. | Breast and Cervical Cancer Control Program (BCCCP) |
| 13. | Postpartum/Newborn Home Visiting |
| 14. | Care Management of at Risk Children (CMARC) |
| 15. | Care Management of High Risk Pregnancies (CMHRP) |
| 16. | Mosquito Control Program |
| 17. | Migrant/Refugee Health |

Source: 2022 Lincoln County Community Health Opinion Survey

Figure 45

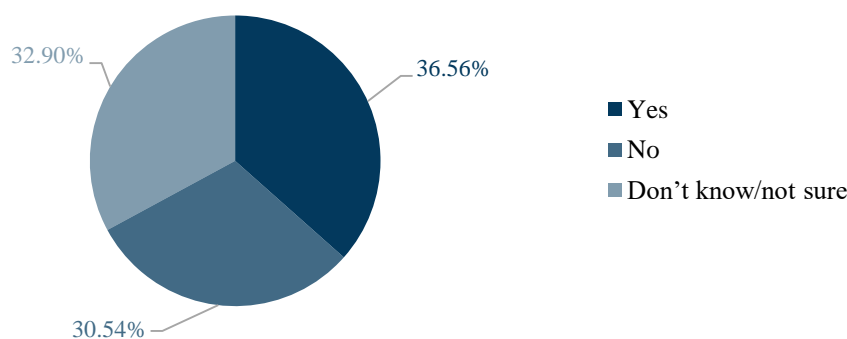
Percentage of 2022 Lincoln County Community Health Opinion Survey Respondents Reporting Trouble Accessing Health-Related Care in the Past 12 Months



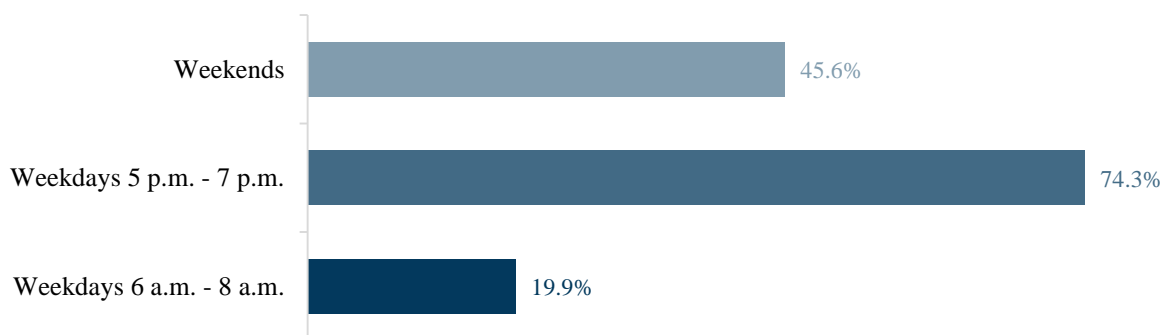
Source: 2022 Lincoln County Community Health Opinion Survey

Figure 46

Percentage of 2022 Lincoln County Community Health Opinion Survey Respondents Indicating They Would Be More Likely to Receive Health-Related Care if Extended Hours Were Available



Preferred Time Frames for Respondents that Indicated Yes



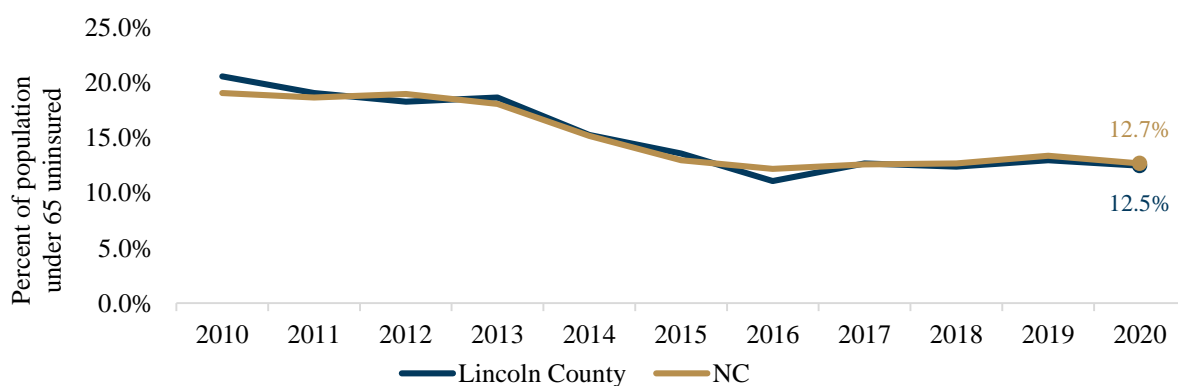
Source: 2022 Lincoln County Community Health Opinion Survey

Uninsured Rate

In 2021, approximately 52.9 percent of North Carolinians had private insurance, 36.8 percent had public insurance (i.e., Medicaid, Medicare or insurance through the military or Veterans Administration) and 10.4 percent—more than one million people— were uninsured (Henry J. Kaiser Family Foundation, n.d.).

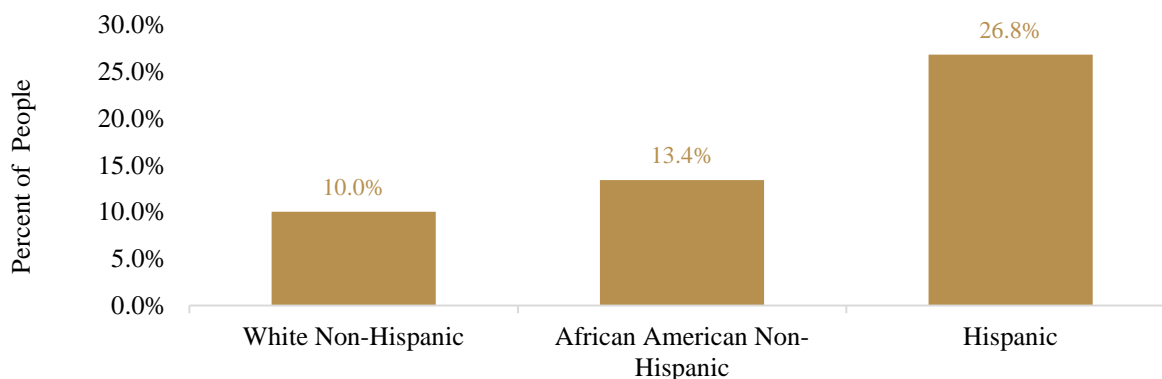
Lack of insurance is a significant barrier to clinical care. Individuals without health insurance coverage are less likely to seek care which can result in health issues going undetected (Tolbert et al., 2022).

Figure 47
Percent of People Under Age 65 with No Insurance



Source: United States Census Bureau, n.d., Small Area Health Insurance Estimates

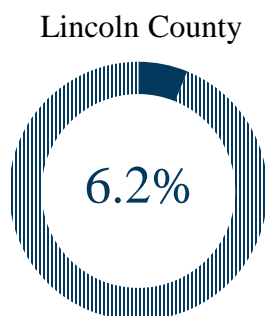
Figure 48
Percent of People in North Carolina Under Age 65 with No Insurance by Race/Ethnicity (2020)



Source: United States Census Bureau, n.d., Small Area Health Insurance Estimates

Figure 49

Percentage of 2022 Lincoln County Community Health Opinion Survey Respondents Reporting Having No Health Insurance



Source: 2022 Lincoln County Community Health Opinion Survey

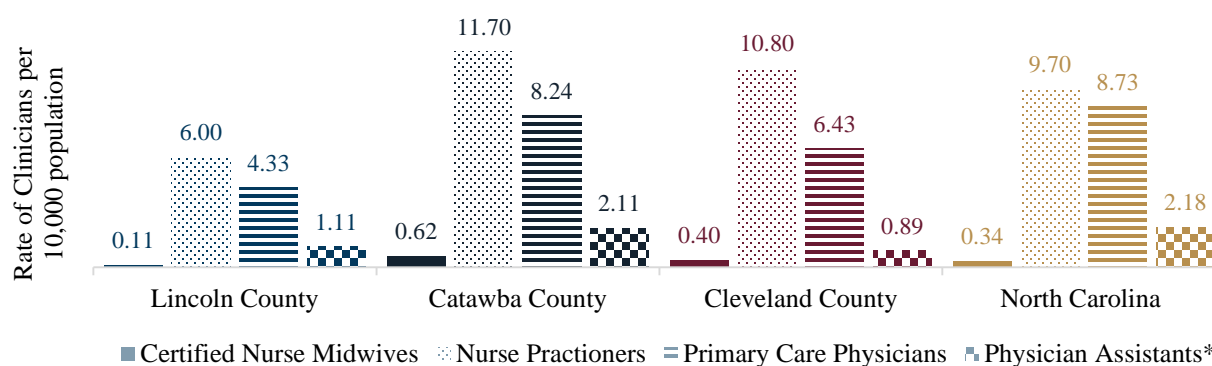
In summary, according to the United States Census Bureau (n.d.-b), the Small Area Health Insurance Estimates show the percentage of Lincoln County's population under the age of 65 that are uninsured has been comparable to the State over the last decade. There are, however, racial/ethnic disparities among the State's uninsured population with Hispanic North Carolinians being the most impacted as highlighted in Figure 48.

Primary Care Workforce

Primary care providers play an important role in maintaining health and can “serve as the entry point into the health care system” (North Carolina Institute of Medicine, 2020, p. 86).

According to the North Carolina Institute of Medicine (2020), rural communities are often impacted by health care professional shortages. To address this, the HNC 2030 target is for all 100 counties in North Carolina to reach a 1:1,500 primary care provider to population ratio or to decrease the former ratio by 25 percent.

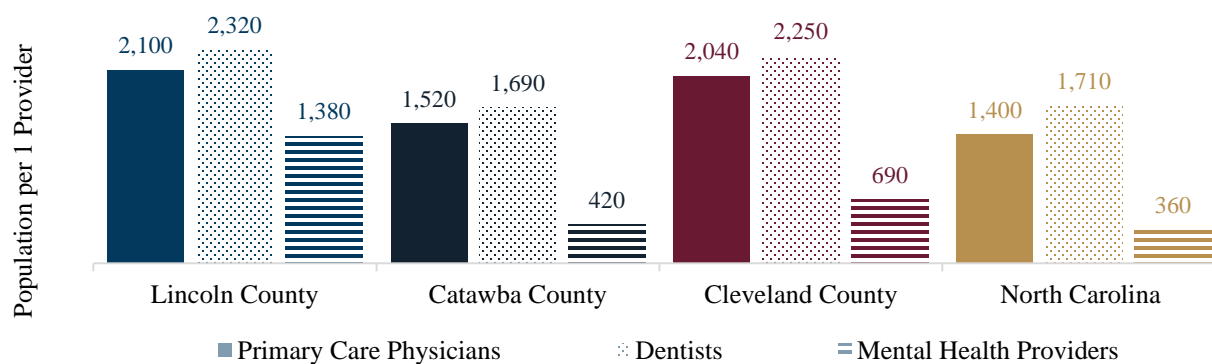
Figure 50
Rate of Clinicians per 10,000 Population (2021)



Note: Physician assistants with a primary area of practice of primary care

Source: Sheps Health Workforce North Carolina, n.d., North Carolina Health Professions Data System

Figure 51
Ratio of Population to Providers



Source: 2022 County Health Rankings, n.d.

In summary, access to care continues to be a challenge for Lincoln County. Although the County's uninsured population is comparable to the State's, Figure 50 shows that Lincoln County has

significantly lower clinician to population rates for certified nurse midwives, nurse practitioners, primary care physicians and physician assistants with a primary area of practice of primary care than the State (Sheps Health Workforce North Carolina, n.d.; United States Census Bureau, n.d.-b). Additionally, Lincoln County's rates of clinicians per 10,000 population are lower than Catawba and Cleveland counties' for each type of clinician except one (i.e., Lincoln County's physician assistant rate is slightly higher than Cleveland County's) (Sheps Health Workforce North Carolina, n.d.).

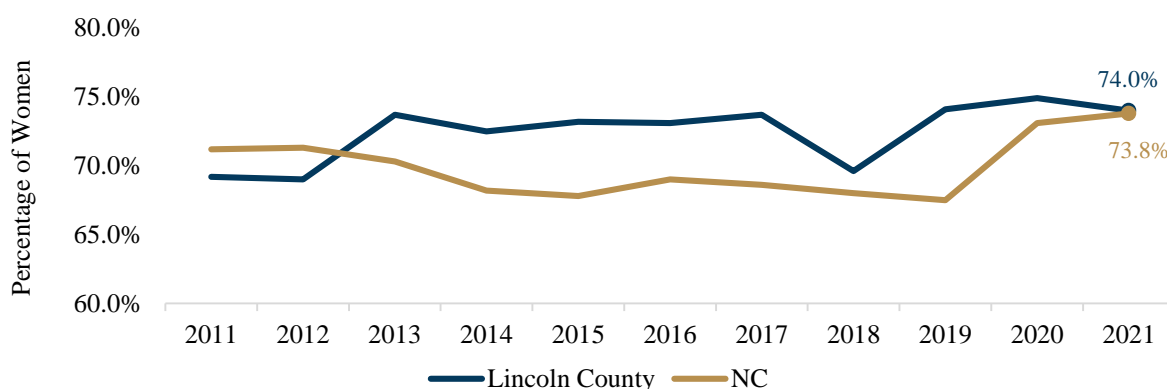
Data from the County Health Rankings and Roadmaps' 2022 County Health Rankings also demonstrates challenges related to clinical care within Lincoln County. Lincoln County had higher ratios of population to providers for primary care physicians, dentists and mental health providers when compared to Catawba County, Cleveland County and North Carolina (County Health Rankings and Roadmaps, n.d.-f).

Early Prenatal Care

Prenatal care includes regular checkups, screenings and counseling that help promote a healthy pregnancy and delivery (Office on Women's Health, 2021). No prenatal care is associated with higher rates of low birth weight and infant death (Tucker & Beatty, 2018). Moreover, it is "most effective when it starts early and continues throughout pregnancy" (Office of Disease Prevention and Health Promotion, n.d.).

Figure 52

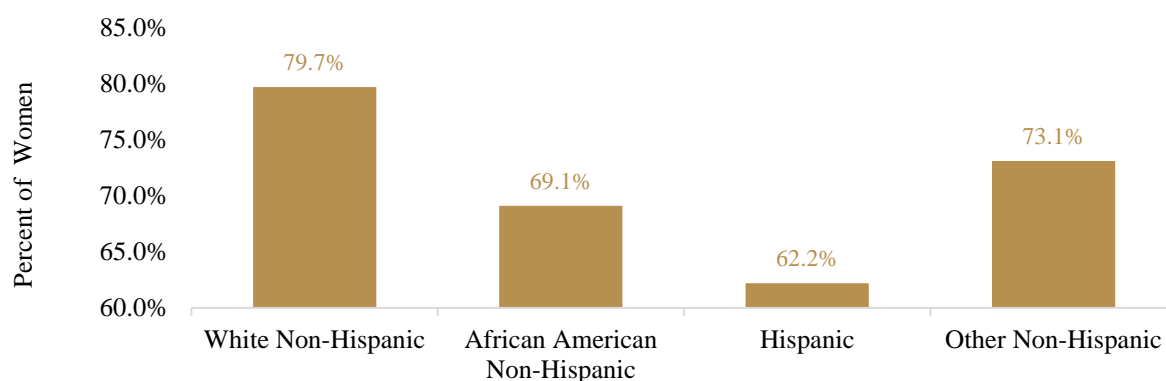
Percent of Women Who Received Prenatal Care in the First Trimester of a Pregnancy



Source: North Carolina Center for Health Statistics, 2012-2022, Vital Statistics

Figure 53

Percent of Women in North Carolina Who Received Prenatal Care in the First Trimester of a Pregnancy by Race/Ethnicity (2021)



Source: North Carolina Center for Health Statistics, 2022, Vital Statistics

Only 6 percent of 2022 Lincoln County Community Health Opinion Survey respondents who were pregnant between 2017-present reported not receiving prenatal care during the first trimester.

In summary, according to the annual *Basic Automated Birth Yearbook* reports, Lincoln County has shown consistently higher percentages of early prenatal care use than the State since 2013 (North Carolina Center for Health Statistics, 2012-2022). This could be due, in part, to disparities associated with prenatal care use. As shown in Figure 53, in 2021, significantly fewer African American and Hispanic women received prenatal care during the first trimester than White Non-Hispanic women (North Carolina Center for Health Statistics, 2022a). Figures 4 and 5 illustrate that North Carolina's population is significantly more racially and ethnically diverse than Lincoln County's population; therefore, these disparities may have a greater impact on statewide prenatal care use figures.

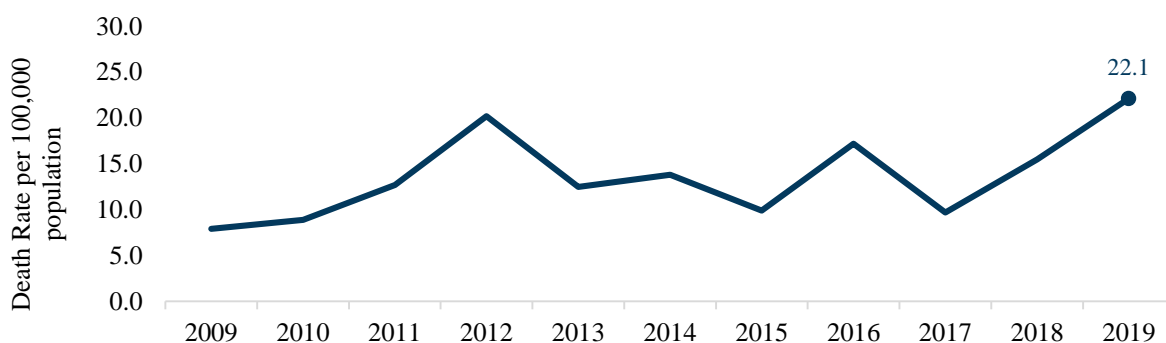
Suicide Rate

In 2019, suicide was the Nation's tenth leading cause of death and was the cause of death for 1,368 North Carolinians. (Heron, 2021; North Carolina Center for Health Statistics, 2021b).

According to the Centers for Disease Control and Prevention (n.d.-1), suicide rates increased 36 percent from 2000-2018 in the United States. There are significant disparities associated with suicide with higher rates occurring among veterans, rural residents, non-Hispanic American Indian and Alaska Natives, non-Hispanic white people and middle-aged and older adults.

Figure 54

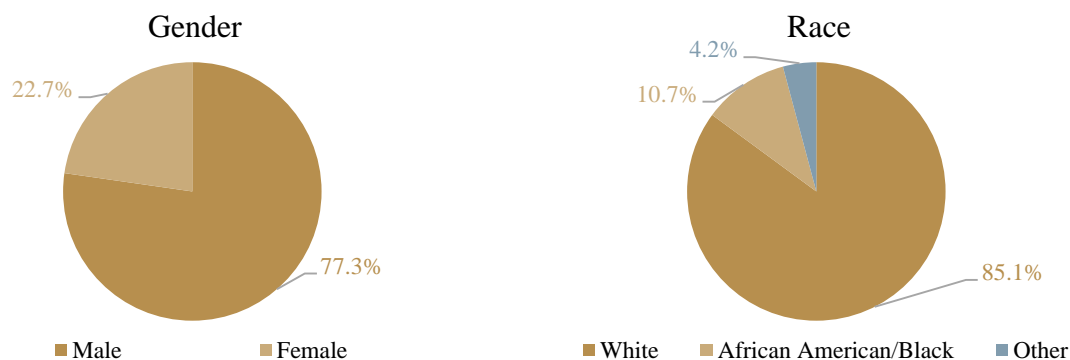
Suicide Death Rate for Lincoln County



Note: All death rates had fewer than 50 deaths and should be interpreted with caution
Source: North Carolina Center for Health Statistics, 2010-2021, Vital Statistics

Figure 55

Suicide Mortality Statistics for North Carolina (2019)



Source: North Carolina Center for Health Statistics, n.d., Vital Statistics

In summary, according to North Carolina Center for Health Statistics (2010-2021), Lincoln County has seen an increase in suicide rates over the last decade. Figure 55 shows that in 2019, males accounted for 77.3 percent of deaths by suicide in North Carolina and whites accounted for 85.1 percent.

Social and Economic Factors Overview

According to the North Carolina Institute of Medicine (2020), social and economic factors such as education, employment, income, social support and community safety all play a role in health and can have enduring implications for families. People of color are disproportionately affected by differences in social and economic factors which is underscored by several of the HNC 2030 indicators selected to track progress. HNC 2030 health indicators related to social and economic factors include poverty rates, unemployment rates, short-term suspension rates, incarceration rates, adverse childhood experiences (ACEs) and third grade reading proficiency.

Education

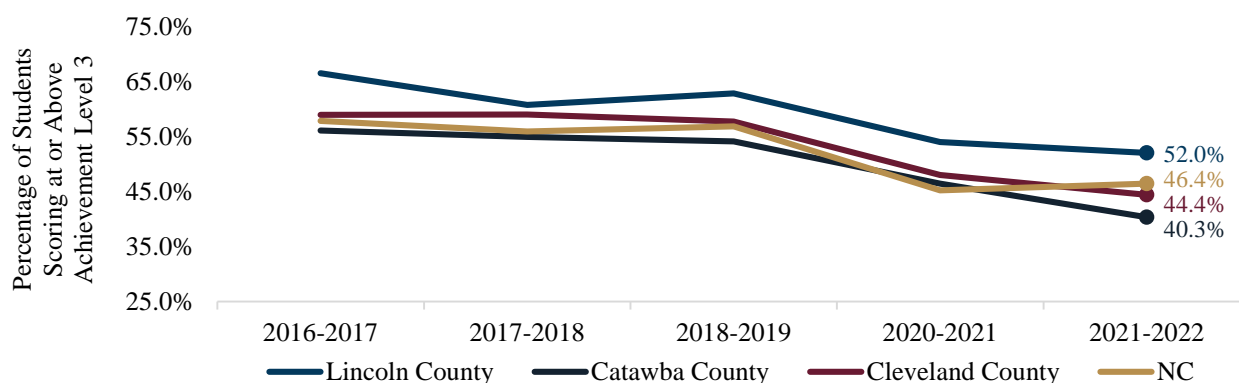
Being a proficient reader by the end of third grade is essential for future academic success because “through third grade children are learning to read; after third grade students read to learn” (The Children’s Reading Foundation, n.d.). Students who do not achieve grade-level reading by the end of third grade may fall behind and face ongoing challenges in future grades (The Children’s Reading Foundation, n.d.). Not surprisingly, reading proficiency at the end of third grade impacts high school graduation rates (The Annie E. Casey Foundation, 2012).

In addition to reading proficiency, short-term suspension rate is another education-related HNC 2030 indicator (North Carolina Institute of Medicine, 2020). Suspension from school “is a strong predictor of student academic performance and high school completion” (North Carolina Division of Public Health, 2022, p. 36).

Education is an important factor that influences health. High school completion not only impacts health outcomes in adulthood but is a strong predictor of future involvement with the criminal justice system (North Carolina Department of Public Instruction, n.d.).

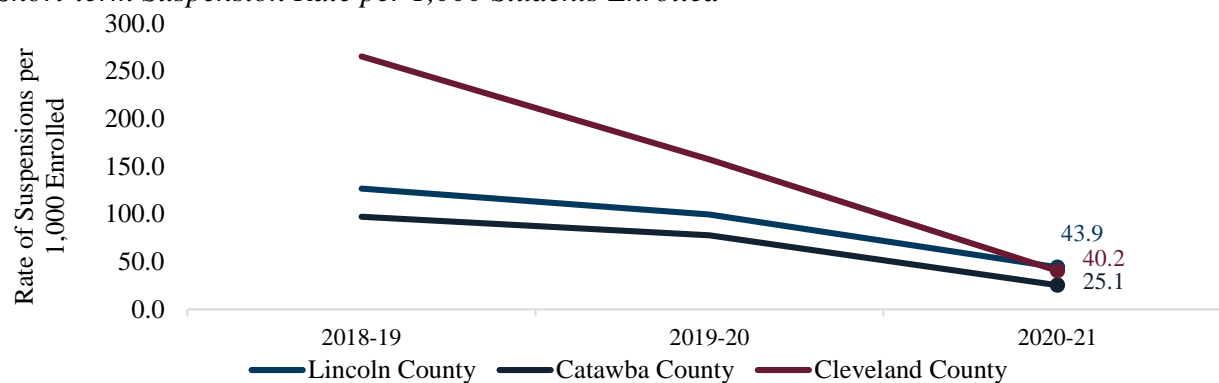
Figure 56

Percent of Students Reading at a Proficient Level or Above on End-of-Grade Exams



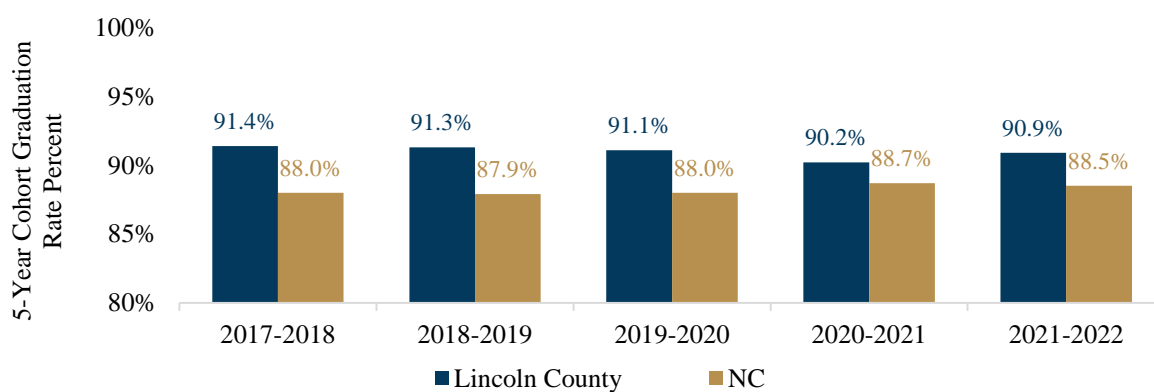
Note: The North Carolina Department of Public Instruction did not publish all usual annual reports for the 2019-2020 school year due to the COVID-19 pandemic. Use caution comparing data prior to the onset of the pandemic.

Source: North Carolina Department of Public Instruction, n.d.-2022

Figure 57*Short-term Suspension Rate per 1,000 Students Enrolled*

Note: Use caution with data beginning in March 2020 due to impact of COVID-19 pandemic on school operations

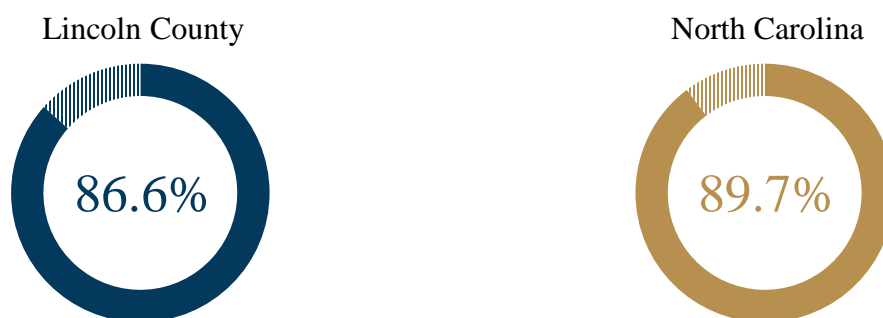
Source: North Carolina Department of Public Instruction, n.d.-n.d.

Figure 58*Percentage of Students Graduating in 5 Years or Less After Entering 9th Grade*

Source: North Carolina Department of Public Instruction, 2022

Figure 59

Percentage of the Population 25 Years and Older Achieving High School Completion or Higher



Source: United States Census Bureau, 2021 American Community Survey 1-Year Estimates

In summary, the North Carolina Department of Public Instruction publishes a variety of data related to school performance and discipline. In recent years, Lincoln County has consistently had a higher percentage of students reading proficiently at the end of third grade than students statewide and in neighboring Catawba County Schools and Cleveland County Schools (North Carolina Department of Public Instruction, n.d.-2022). Figure 58 illustrates that Lincoln County also consistently has higher graduation rates than North Carolina (North Carolina Department of Public Instruction, 2022). Lastly, Lincoln County reported a higher short-term suspension rate than Catawba County but a lower rate than Cleveland County (North Carolina Department of Public Instruction, n.d.-n.d.).

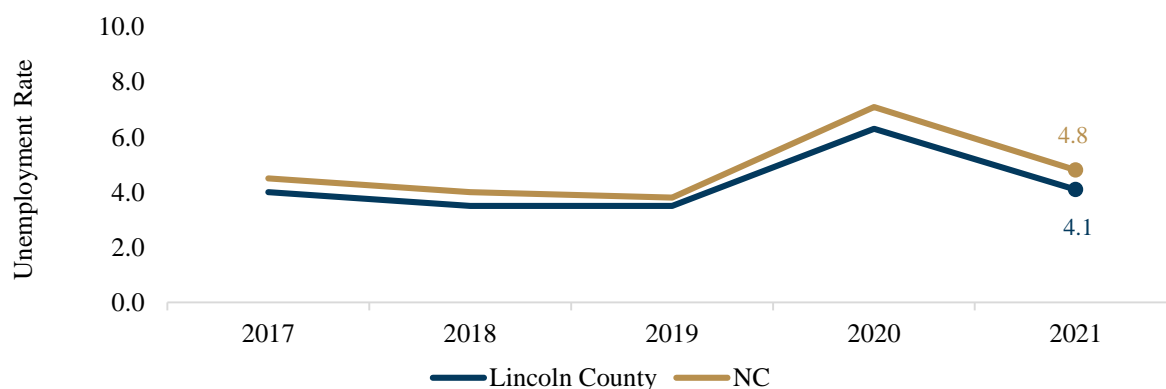
As for educational attainment among the adult population, in 2021 it is estimated that 86.6 percent of individuals 25 years and older in Lincoln County have a high school diploma or higher compared to 89.7 percent statewide (United States Census Bureau, 2021b). 2022 Lincoln County Community Health Opinion Survey respondents reported a higher percentage with 96.7 percent of respondents obtaining a high school diploma or higher as shown in Figure 11.

Employment

Employment impacts health in a variety of ways. Employment or lack of employment can impact physical, mental and financial well-being (Robert Wood Johnson Foundation Commission to Build a Healthier America, 2008). Employment is also a significant factor in access to health insurance with employer-based insurance programs accounting for 46 percent of North Carolinians' health insurance coverage in 2021 (Henry J. Kaiser Family Foundation, n.d.).

Figure 60

Unemployment Rate in North Carolina, Annual Averages



Source: United States Bureau of Labor Statistics, n.d.

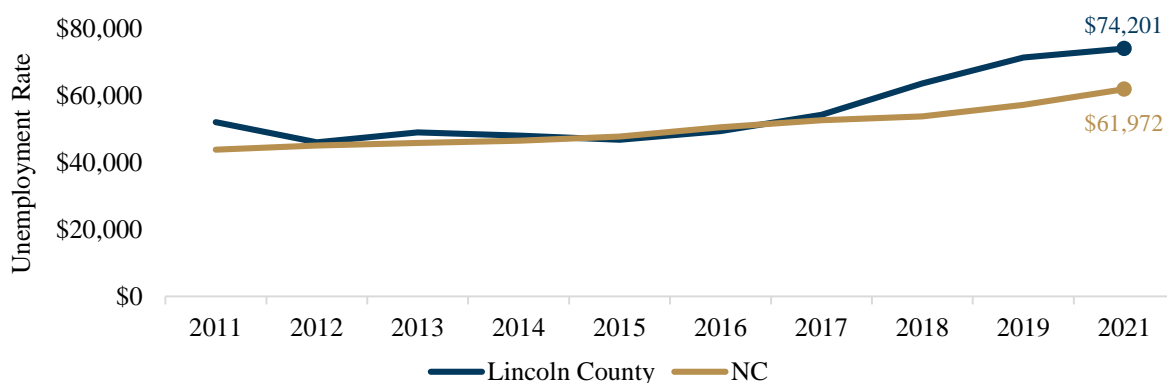
In summary, Figure 60 shows that Lincoln County's unemployment rate over the last five years has been slightly lower than North Carolina's rate but in general has followed a similar trend (United States Bureau of Labor Statistics, n.d.).

Income

According to County Health Rankings and Roadmaps (n.d.-e), income has a significant impact on health considering it influences things like access to safe housing, health care and healthy food. In short, higher income is associated with better health across all income levels. For example, higher income is associated with a better health status while lower income is associated with a less favorable health status.

The HNC 2030 health indicator related to poverty tracks the percent of individuals with income at or below 200 percent of the Federal Poverty Level (FPL). Federal poverty guidelines are published annually and in 2021 the guideline was \$12,880 for a single individual and \$26,500 for a four-person household (Office of the Assistant Secretary for Planning and Evaluation, n.d.).

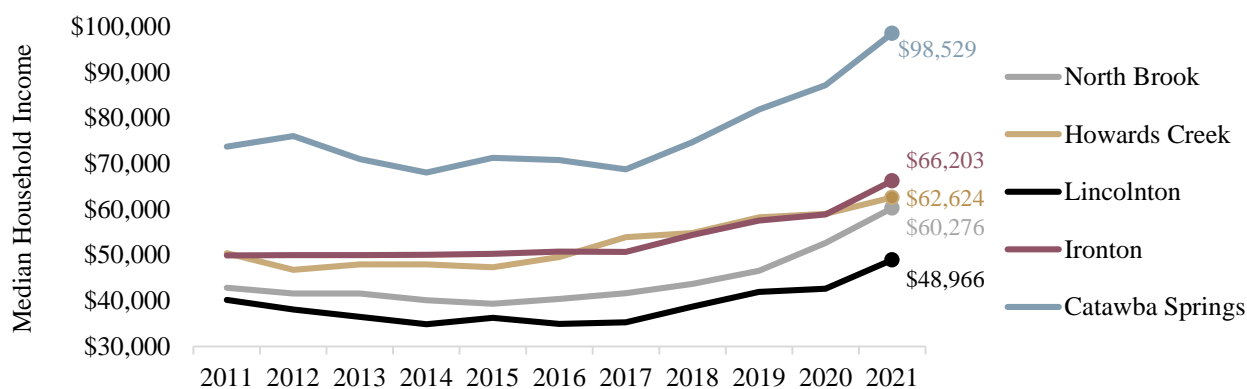
Figure 61
Median Household Income



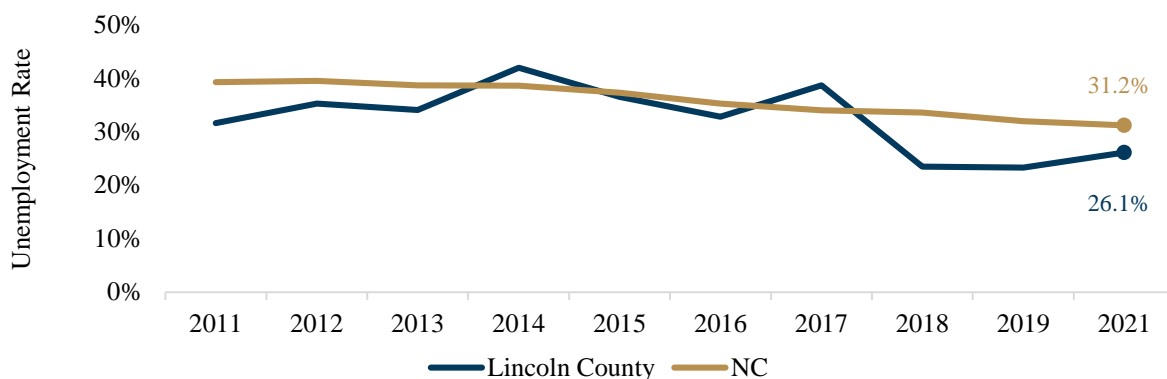
Note: The United States Census Bureau did not release 2020 American Community Survey 1-year estimates due to COVID-19 pandemic

Source: United States Census Bureau, 2011-2021 American Community Survey 1-Year Estimates

Figure 62
Median Household Income of Townships within Lincoln County, North Carolina



Source: United States Census Bureau, 2011-2021 American Community Survey 5-Year Estimates

Figure 63*Percent of Individuals Below 200 Percent Federal Poverty Level*

Note: The United States Census Bureau did not release 1-year estimates from the 2020 American Community Survey due to COVID-19 pandemic

Source: United States Census Bureau, 2011-2021 American Community Survey 1-Year Estimates

In summary, many of the health indicators used to measure the social and economic factors affecting health are inter-related. From 2017 to 2021, Lincoln County observed a lower unemployment rate than the State as well as a higher median annual income (United States Bureau of Labor Statistics, n.d.; United States Census Bureau, 2011-2021a). From 2018 to 2021 Lincoln County also had a lower percentage of individuals below 200 percent of the FPL compared to the State (United States Census Bureau, 2011-2021b).

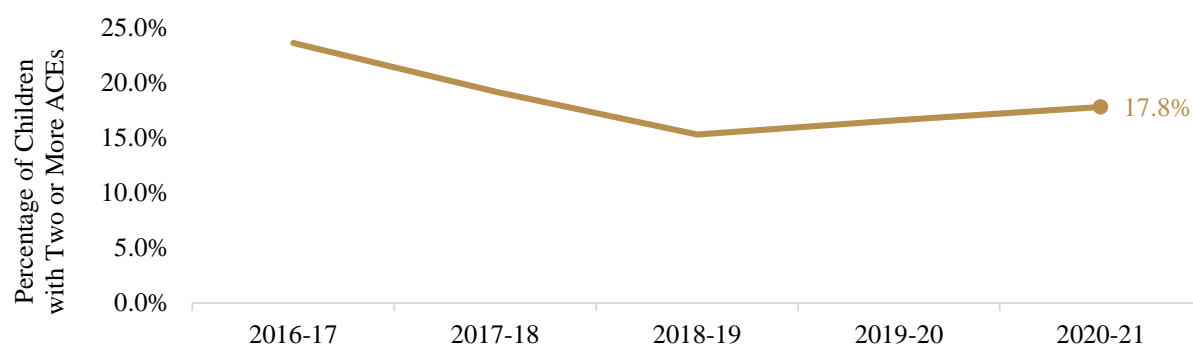
Figure 62 shows that Catawba Springs, the most eastern township in Lincoln County, has seen the sharpest increase in median household income from 2017 to 2021 (United States Census Bureau, 2011-2021a).

Adverse Childhood Experiences

Adverse Childhood Experiences (ACEs) are another HNC 2030 health indicator related to social and economic factors (North Carolina Institute of Medicine, 2020). ACEs are potentially traumatic events experienced during childhood, such as living with anyone with substance use problems or witnessing violence, that are linked to increased risk of poor physical and mental health throughout adulthood (Centers for Disease Control and Prevention, n.d.-h). The HNC 2030 target is to decrease the percentage of children with two or more ACEs to 18 percent (North Carolina Institute of Medicine, 2020).

Figure 64

Percentage of Children with Two or More ACEs in North Carolina



Source: Child and Adolescent Health Measurement Initiative, National Survey of Children's Health, n.d.

Community Safety

Rossman (2001) explains that the ramifications of incarceration can be widespread and impact the offender, his or her family and the larger community. In addition to often struggling with challenges associated with unemployment or low income, offenders are disproportionately affected by a variety of health issues.

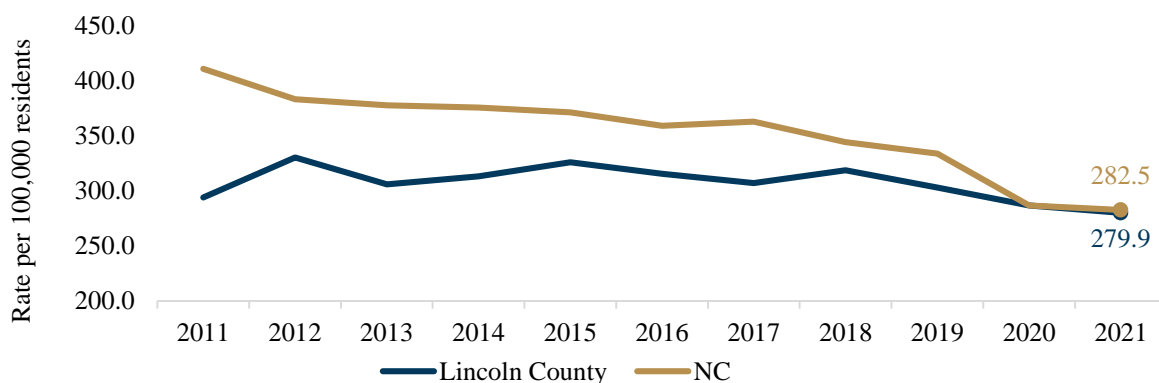
“People with mental and substance use disorders are over-represented in the justice system” (Substance Abuse and Mental Health Services Administration, 2022a, para. 1). Additionally, data from the 2011-2012 National Inmate Survey revealed that prisoners and jail inmates were more likely to report ever having a chronic disease or an infectious disease than the general population (Maruschak et al., 2016).

Violent crime rate is another measure related to community-safety. According to the Centers for Disease Prevention and Control (n.d.-g), community violence impacts physical and mental well-being, is linked to increased risk for chronic diseases and can prevent community members from engaging in healthy recreational activities.

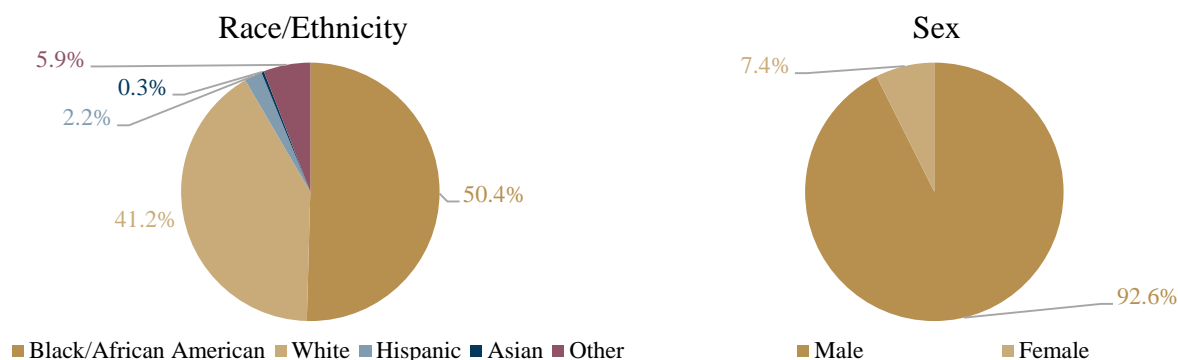
The impact of incarceration and violence can be generational. Exposure to violence and having a household member in jail or prison during childhood are both considered Adverse Childhood Experiences (ACEs), which are traumatic experiences associated with increased risk for a variety of challenges in adulthood (Centers for Disease Control and Prevention, n.d.-h).

Figure 65

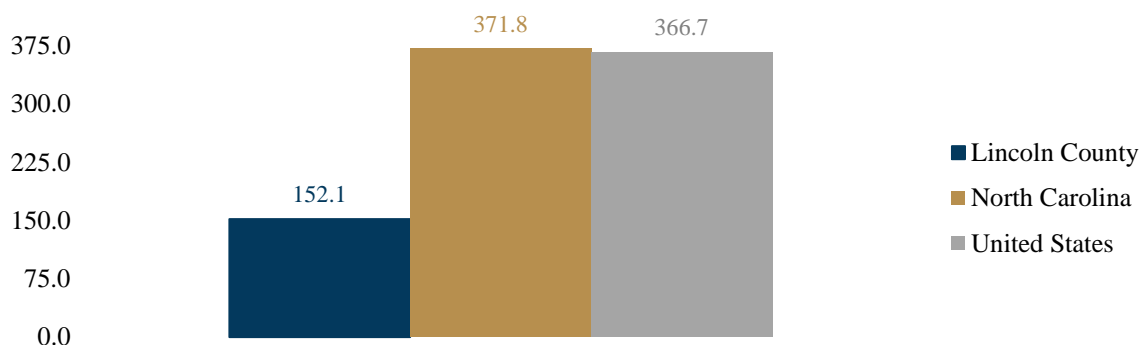
Rate of Incarceration per 100,000 Residents



Source: North Carolina Department of Health and Human Services, n.d., Injury and Violence Prevention Branch

Figure 66*North Carolina's Prison Population as of December 31, 2021*

Source: North Carolina Department of Public Safety, 2022, Division of Adult Correction

Figure 67*Violent Crime Rate per 100,000 Population (2019)*

Note: Population estimates based on U.S. Census Bureau data as of July 1, 2019

Source: Criminal Justice Information Services Division, n.d., Uniform Crime Reporting Program

In summary, Lincoln County's incarceration rate has held relatively steady over the last decade (Injury and Violence Prevention Branch, n.d.). Additionally, Lincoln County had a significantly lower violent crime rate in 2019 than the State and the Nation (Criminal Justice Information Services Division, n.d.). The primary data collected from the CHA complements this secondary data with 78.11 percent of respondents agreeing or strongly agreeing with the statement "Lincoln County is a safe place to live."

The demographic composition of North Carolina's prison population differs dramatically from the State's demographic composition. According to the 2021 American Community Survey 1-Year Estimates, 20 percent of North Carolinians were African American alone and 49 percent were male (United States Census Bureau, 2021a). At the end of 2021, 50 percent of North Carolina's prison population was African American and nearly 93 percent was male (Division of Adult Correction, 2022).

Physical Environment Overview

According to the North Carolina Institute of Medicine (2020), physical environment can directly and indirectly impact health as it influences access to things like safe housing, stores with healthy foods as well as clean water. Understandably, the conditions of one's physical environment are heavily impacted by social and economic factors. Access to healthy food, access to exercise opportunities and severe housing problems are all HNC 2030 health indicators related to the physical environment.

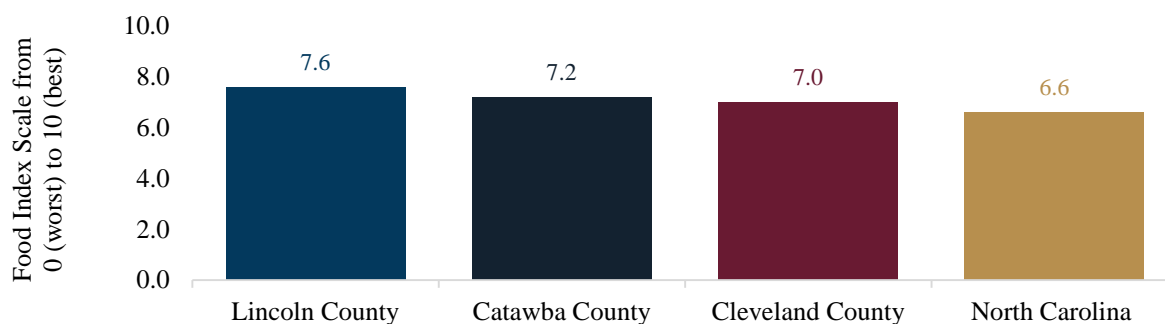
Access to Healthy Food

Access to nutritious food is crucial for maintaining a healthy diet. Factors like proximity of stores and restaurants, food prices and availability of food assistance programs all contribute to the overall food environment (Economic Research Service, 2022). In 2015, an estimated 1,671,733 North Carolinians lived in low-income and low-access (LILA) census tracts (Economic Research Service, 2019).

The 2022 County Health Rankings included a food environment index which weighed limited access to healthy foods and food insecurity equally and ranked counties on a scale from zero (worst) to 10 (best) (County Health Rankings and Roadmaps, n.d.-c).

Figure 68

Food Environment Index (2022)



Note: Uses data from 2019

Source: 2022 County Health Rankings and Roadmaps

In summary, according to the 2022 County Health Rankings, Lincoln County scored a 7.6 out of a possible 10 on the food environment index which was higher than neighboring Catawba and Cleveland counties and North Carolina (County Health Rankings and Roadmaps, n.d.-c). Additionally, 89.48 percent of 2022 Lincoln County Community Health Opinion respondents described their access to grocery stores with fresh produce as good, very good or excellent.

Access to Exercise Opportunities

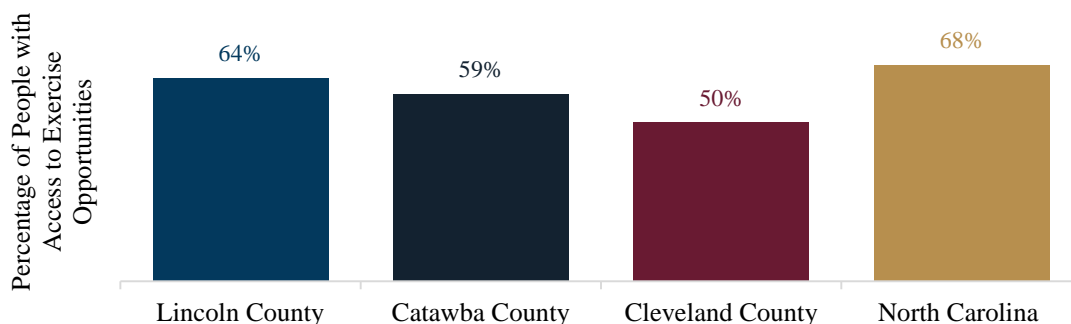
The Centers for Disease Control and Prevention (2017) cites many benefits to physical activity as it improves physical and mental health, promotes healthy aging, reduces healthcare costs and contributes to a stronger workforce by reducing sick days. Although these benefits are well-known, many Americans fall short in meeting physical activity guidelines underscoring the need for more convenient places to exercise.

From a community design standpoint, there are many things communities can do to promote physical activity such as incorporating sidewalks, bike lanes and crosswalks (United States Department of Health and Human Services, 2018).

County Health Rankings and Roadmaps (n.d.-b) defines reasonable access to exercise opportunities as living within half a mile of a park or one mile of a recreational facility for metropolitan areas or three miles of a recreational facility for rural areas.

Figure 69

Percentage of People with Access to Exercise Opportunities (2022)

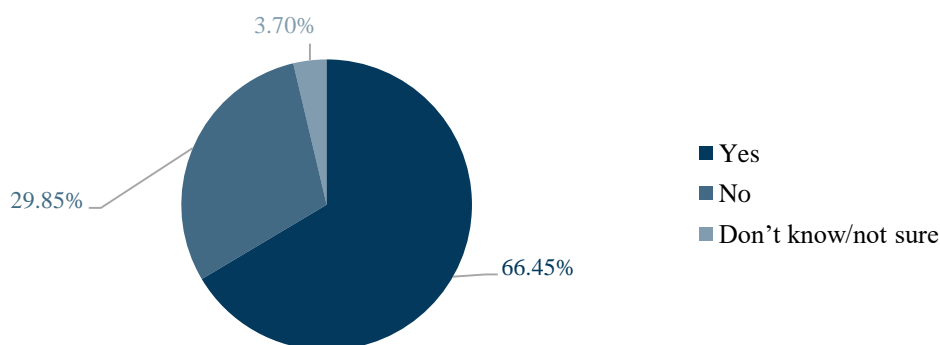


Note: 2010 and 2021 data used

Source: 2022 County Health Rankings and Roadmaps

Figure 70

*Percentage of 2022 Lincoln County Community Health Opinion Survey Respondents Living within Three Miles of a Place to Exercise**



*Places to exercise include parks, pools, walking trails, gyms, etc.
Source: 2022 Lincoln County Community Health Opinion Survey

In summary, Figures 69 and 70 suggest that a majority of Lincoln County residents have and/or report adequate access to exercise opportunities. The survey used for primary data collection used the three-mile benchmark since a majority (53.3 percent) of housing units in Lincoln County were rural according to the U.S. Census Bureau's 2010 Census (United States Census Bureau, 2010b).

Furthermore, 69.65 percent of 2022 Lincoln County Community Health Opinion respondents described their access to places to exercise (e.g., parks, pools, walking trails, gyms, etc.) as good, very good or excellent.

While the majority of Lincoln County residents enjoy adequate access to places for physical activity, the County lags behind the State with 64 percent of residents enjoying adequate access compared to 68 percent in North Carolina (County Health Rankings and Roadmaps, n.d.-b).

Housing

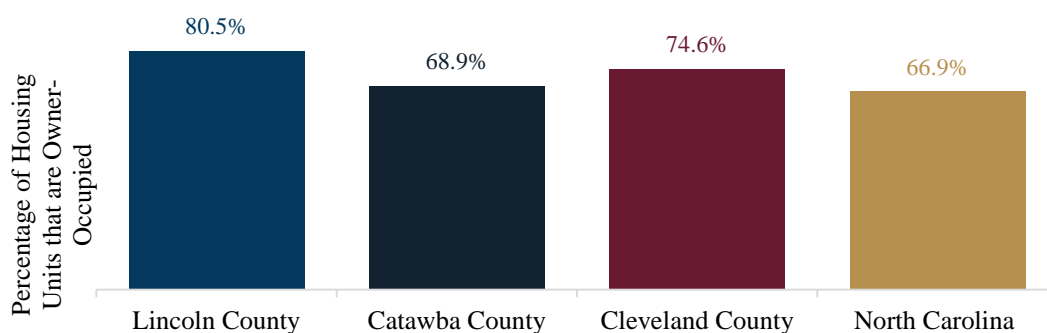
According to the Centers for Disease Control and Prevention and United States Department of Housing and Urban Development (2006), housing is a significant component of one's physical environment and can greatly impact health considering people spend half or more of their day at home. Housing deficiencies can pose many consequences including things like disease transmission, poisoning, exposure and injury.

Severe housing problems are a HNC 2030 indicator and include challenges like overcrowding (i.e., more than one person per room), high housing cost (i.e., more than 50 percent of monthly income is spent on housing expenses) and lack of kitchen and/or plumbing facilities (North Carolina Institute of Medicine, 2020).

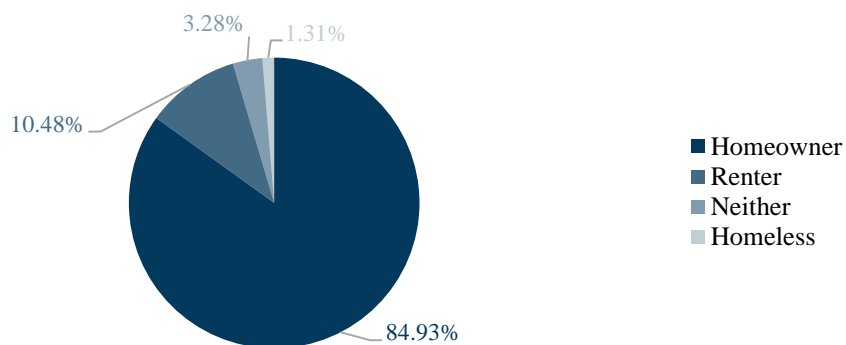
Although homeownership is not a HNC 2030 indicator, it provides insight to a population's housing circumstances. High levels of homeownership are associated with positive outcomes not only for individuals (e.g., renters are more likely to experience severe housing problems) but for communities altogether (County Health Rankings and Roadmaps, n.d.-d; North Carolina Institute of Medicine, 2020).

Figure 71

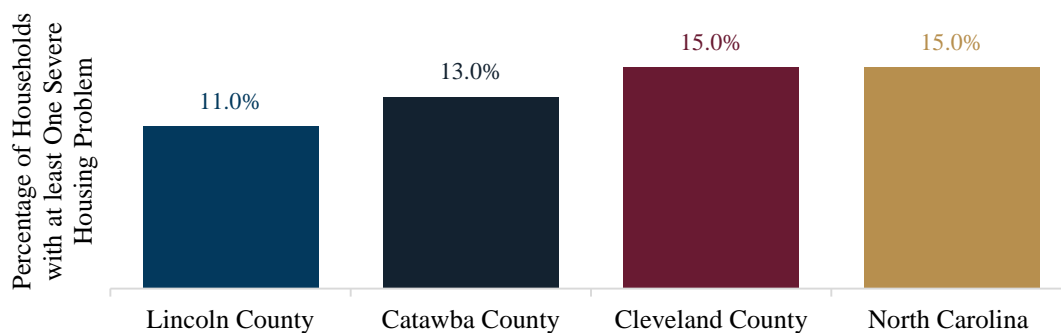
Percentage of Occupied Housing Units that are Owner-Occupied (2021)



Source: United States Census Bureau, 2021 American Community Survey 1-Year Estimates

Figure 72*Housing Characteristics of 2022 Lincoln County Community Health Opinion Survey Respondents*

Source: 2022 Lincoln County Community Health Opinion Survey

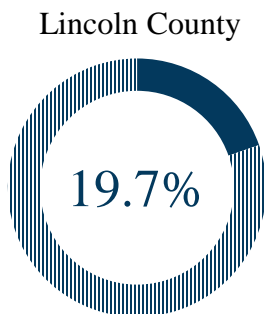
Figure 73*Percentage of Households with at least One Severe Housing Problem (2022*)*

*Five-year average based on data from 2014-2018

Source: 2022 County Health Rankings and Roadmaps – Comprehensive Housing Affordability Strategy (CHAS) data

Figure 74

Percentage of 2022 Lincoln County Community Health Opinion Survey Respondents Reporting at Least One of the Following Housing Problems: Overcrowding, High Housing Costs, Lack of Kitchen and/or Plumbing Facilities



Source: 2022 Lincoln County Community Health Opinion Survey

In summary, the primary and secondary data regarding homeownership in Lincoln County were complementary. According to the 2021 American Community Survey 1-Year Estimates, Lincoln County enjoys higher levels of owner-occupied housing units than Catawba County, Cleveland County and the State (United States Census Bureau, 2021c).

As for severe housing problems, Lincoln County enjoys a lower percentage of households with at least one severe housing problems than neighboring Catawba County, Cleveland County and the State (County Health Rankings and Roadmaps, n.d.-g).

Lastly, 19.7 percent of 2022 Lincoln County Community Health Opinion Survey respondents reported at least one housing problem although overcrowding and high housing costs were not defined in the survey question and left to the interpretation of the respondent. It's also important to note that the secondary data shown in Figure 73 is a five-year average based on data from 2014-2018 which was prior to recent events in the Nation's housing market.

Chapter 5: Health-Related Resources

Inventory

Lincoln County's 2023 Community Health and Wellness Resource Directory is included in Appendix C.

Gaps

As shown in Figure 50, Lincoln County has significantly lower clinician-to-population rates for certified nurse midwives, nurse practitioners, primary care physicians and physician assistants with a primary area of practice of primary care than the State's rate. Moreover, Figure 51 demonstrates that Lincoln County has higher population-to-provider ratios for primary care physicians, dentists and mental health providers when compared to neighboring Catawba and Cleveland counties and North Carolina (County Health Rankings and Roadmaps, n.d.-f).

In addition to these unfavorable rates and ratios, Lincoln County does not have several types of physicians with a primary area of practice in specialty fields (Sheps Health Workforce North Carolina, n.d.). These factors present significant challenges in addressing access to care.

As for health behaviors, the primary and secondary data collected during this assessment demonstrated a need to reduce tobacco use, decrease sugar-sweetened beverage consumption and boost physical activity among residents. The Partnership for Health team will serve as a key resource for promoting healthier choices throughout the County.

Lastly, Lincoln County has several resources that will prove useful in addressing substance use. Lincoln County recently received funding from the national opioid settlements, employed a full-time Substance Use Prevention Coordinator and started a coalition (i.e., the Lincoln County Drug Prevention and Recovery Coalition) dedicated to this work. Moving forward, leadership hopes to implement a treatment court and a post-overdose response team in partnership with Lincoln County Emergency Medical Services. While this progress is encouraging, access to transitional housing, access to inpatient treatment and/or detox and assisting the uninsured population still present significant challenges in addressing substance use.

Chapter 6: Community Concerns and Priorities

Community Improvement Input

Several questions in the 2022 Lincoln County Community Health Opinion Survey were designed to collect input from citizens regarding problems, educational needs and services within the community. The top five problems affecting quality of life in Lincoln County according 2022 Lincoln County Community Health Opinion Survey respondents included (1) drug abuse, (2) low income/poverty, (3) homelessness, (4) lack of/inadequate health insurance, and (5) lack of community support.

The top five topics that people in the community need more information about according to 2022 Lincoln County Community Health Opinion Survey respondents included (1) drug or alcohol abuse prevention, (2) stress management, (3) eating well/nutrition, (4) exercise/fitness, and (5) driving safely.

Lastly, the top five services needing the most improvement in the community according to 2022 Lincoln County Community Health Opinion Survey respondents included (1) road maintenance and safety, (2) more affordable/better housing, (3) positive teen activities, (4) counseling/mental health/support groups, and (5) better/more places to exercise.

Local Health Priorities

The Lincoln County Partnership for Health team met in October of 2022 to review 2022 Community Health Opinion results and secondary data. The committee used a multi-voting technique to select three priorities to address at the local level. The committee ultimately selected access to care, health behaviors and substance use as the top three health priorities for Lincoln County's current community health assessment cycle.

Chapter 7: Next Steps

Disseminating Findings

The 2022 community health assessment will be submitted to the North Carolina Department of Health and Human Services in March 2023. Once approved, it will be made available to the public and stakeholders according to the accreditation guidelines.

Determining Action Plans

Once the 2022 community health assessment is approved, the Lincoln County Partnership for Health team will reconvene to determine community health improvement plans (CHIPs) for the new CHA cycle.

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Appendices

Appendix A: 2022 CHA Survey Tool (English)



Lincoln County Health Department
200 Gamble Drive
Lincolnton, NC 28092
Phone: 704-735-3001
Fax: 704-732-9034



2022 Lincoln County Community Health Opinion Survey

The Lincoln County Health Department invites you to participate in the 2022 Community Health Opinion Survey. The survey helps to identify data trends, issues, barriers and community strengths regarding the health of our county. The results of the survey will be used to address health and community concerns in our county.

This survey is anonymous and should take less than 15 minutes to complete. This survey is intended for Lincoln County residents who are at least 18 years old. Please only complete this survey once.

To participate, type the link below in your computer browser to take the survey online. The survey is also available on the homepage of Lincoln County's website (www.lincolncounty.org) and paper copies are available at the locations listed below.

Your opinion and responses are highly valued! Thank you for your participation.

2022 Community Health Opinion Survey link:

<https://www.surveymonkey.com/r/2022communityhealthopinionsurvey>



Locations to get a paper survey and to return completed surveys*:

- | | |
|---|--|
| • Lincoln County Health Department 200 Gamble Drive, Lincolnton, NC 28092 704-735-3001 | • Charles R. Jonas Library 306 West Main Street, Lincolnton, NC 28092 704-735-8044 |
| • Lincoln County Environmental Health 115 West Main Street, Lincolnton, NC 28092 704-736-8426 | • Florence S. Shanklin Library 7837 Fairfield Forest Road, Denver, NC 28037 704-483-3589 |
| • Lincoln County Senior Services 612 Center Drive, Lincolnton, NC 28092 704-732-9053 | • West Lincoln Library 4797 Westwinds Road, Lincolnton, NC 28092 704-276-9946 |
| • Lincoln County Department of Social Services 1136 East Main Street, Lincolnton, NC 28092 704-732-0738 | |

*Survey pick-up and drop-off is only available during normal business hours.

For questions regarding the 2022 Community Health Opinion Survey, please contact Holly Hitt at the Lincoln County Health Department at 704-735-3001.



Lincoln County Health Department
 200 Gamble Drive
 Lincolnton, NC 28092
 Phone: 704-735-3001
 Fax: 704-732-9034



2022 Lincoln County Community Health Opinion Survey

This survey is anonymous and should take less than 15 minutes to complete. This survey is intended for Lincoln County residents who are at least 18 years old. Please only complete this survey once. Your opinion and responses are highly valued! Thank you for your participation.

1. Do you live in Lincoln County? ☐ Yes ☐ No (If no, stop survey here.)
2. What is your zip code? _____

Health Behaviors

The next five questions address actions that may affect personal health. Remember, all answers are anonymous and cannot be linked to you in any way.

3. Outside of your regular job, how many times did you engage in any physical activity or exercise that lasts at least 30 minutes during a normal week? (Please select only one.)

| | | | |
|----------------------------|----------------------------|-----------------------------|--|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | <input type="checkbox"/> 6+ | <input type="checkbox"/> Don't know/Not sure |

If zero, what are the reasons you did not exercise for at least 30 minutes during a normal week?

4. Excluding diet or artificially-sweetened beverages, how many sugar-sweetened beverages (e.g., soda, sports drinks, sweetened coffee/tea, etc.) do you drink per day on average?

| | | |
|--|--|--------------------------------------|
| <input type="checkbox"/> 0 beverages | <input type="checkbox"/> 1 beverage | <input type="checkbox"/> 2 beverages |
| <input type="checkbox"/> 3 or more beverages | <input type="checkbox"/> Don't know/not sure | |
5. Do you use cigarettes, cigars, e-cigarettes, hookah, pipes and/or smokeless tobacco products?

| | |
|-----------------------------|--|
| <input type="checkbox"/> No | <input type="checkbox"/> Yes (Which one(s): _____) |
|-----------------------------|--|
6. During the past 30 days, how many alcoholic drinks (e.g., beer, wine, liquor) did you drink on average on the days when you drank alcohol?

| | | | |
|-----------------------------------|-----------------------------------|------------------------------------|---|
| <input type="checkbox"/> 0 drinks | <input type="checkbox"/> 1 drink | <input type="checkbox"/> 2 drinks | <input type="checkbox"/> I do not drink |
| <input type="checkbox"/> 3 drinks | <input type="checkbox"/> 4 drinks | <input type="checkbox"/> 5+ drinks | <input type="checkbox"/> Prefer not to answer |
7. During the past 30 days, how many alcoholic drinks (e.g., beer, wine, liquor) on average did you consume per week?

| | | |
|-------------------------------------|---|---|
| <input type="checkbox"/> 0 drinks | <input type="checkbox"/> 1-7 drinks | <input type="checkbox"/> 8-14 drinks |
| <input type="checkbox"/> 15+ drinks | <input type="checkbox"/> I do not drink | <input type="checkbox"/> Prefer not to answer |

Clinical Care

The next five questions will help identify gaps regarding access to care. Remember, all answers are anonymous and cannot be linked to you in any way.

8. Do you have health insurance?

- ☐ Yes ☐ No ☐ Don't know/Not sure

9. In the past 12 months, did you have trouble accessing health-related care (e.g., primary care, dental care, counseling, health department services, etc.)?

- ☐ Yes ☐ No ☐ Not applicable

If yes, please list the service type and circle any barriers that prevented you from receiving care:

- | | |
|------------------------------------|------------------------|
| • Transportation | • No insurance |
| • Cost | • Time |
| • Lack of access | • Disability (_____) |
| • Service not covered by insurance | • Language barrier |
| • Did not know where to go | • Other |

Service type: _____ Other: _____

10. If you were pregnant between 2017 – present, did you receive prenatal care during the first trimester (i.e., first 12 weeks of pregnancy).

- ☐ Yes ☐ No ☐ Not applicable

If no, please circle any barriers that prevented you from receiving care:

- | | |
|------------------------------------|------------------------|
| • Transportation | • No insurance |
| • Cost | • Time |
| • Lack of access | • Disability (_____) |
| • Service not covered by insurance | • Language barrier |
| • Did not know where to go | • Other |

Other: _____

11. Would you be more likely to receive health-related care (e.g., primary care, dental care, counseling, health department services, etc.) if extended hours were available?

- ☐ Yes ☐ No ☐ Don't know/Not sure

If yes, what time frame(s) would you prefer:

- ☐ Weekdays 6 a.m. – 8 a.m. ☐ Weekdays 5 p.m. – 7 p.m. ☐ Weekends

12. The following services are available at the Lincoln County Health Department. Please circle the services that you already were aware of:

- Adult Health
- Child Health
- General Clinic
- Laboratory Testing
- Mosquito Control Program
- Migrant/Refugee Health
- Be Smart Family Planning
- Septic Systems Inspections
- Breast & Cervical Cancer Control Program (BCCCP)
- Care Management of High Risk Pregnancies (CMHRP)
- Communicable Disease (STD testing, Tuberculosis Control)
- Postpartum/Newborn Home Visiting
- Care Management of at Risk Children (CMARC)
- Woman, Infant & Children Program (WIC)
- Vital Records (Birth & Death Certificates)
- Private Drinking Well Water Testing/Program
- Community Health (Education & Programming)

Social & Economic Factors

Health-related choices can be affected by education, employment and income. The next four questions will help identify challenges within the county. Remember, all answers are anonymous and cannot be linked to you in any way.

13. What is the highest level of education you completed? (Please choose only one.)

- | | |
|---|--|
| <input type="checkbox"/> Less than 9 th grade | <input type="checkbox"/> Associate's degree or vocational training |
| <input type="checkbox"/> 9 – 12 th grade (no diploma) | <input type="checkbox"/> Bachelor's degree |
| <input type="checkbox"/> High school graduate (or GED equivalent) | <input type="checkbox"/> Graduate or professional degree |
| <input type="checkbox"/> Some college (no degree) | <input type="checkbox"/> Prefer not to answer |

14. What is your employment status? (Please mark all that apply to you.)

- | | |
|--|---|
| <input type="checkbox"/> Employed full-time | <input type="checkbox"/> Unemployed for less than 1 year |
| <input type="checkbox"/> Employed part-time | <input type="checkbox"/> Disabled |
| <input type="checkbox"/> Retired | <input type="checkbox"/> Student |
| <input type="checkbox"/> Armed forces/military | <input type="checkbox"/> Homemaker (Stay-at-home mom/dad) |
| <input type="checkbox"/> Unemployed for more than 1 year | <input type="checkbox"/> Self-employed |
| <input type="checkbox"/> Prefer not to answer | |

Current number of jobs held: _____

15. What was your total household income in 2021 before taxes?

- | | | |
|--|---|--|
| <input type="checkbox"/> \$0 - \$27,180 | <input type="checkbox"/> \$27,181 - \$36,620 | <input type="checkbox"/> \$36,621 - \$46,060 |
| <input type="checkbox"/> \$46,061 - \$55,500 | <input type="checkbox"/> \$55,501 - \$64,940 | <input type="checkbox"/> \$64,941 - \$74,380 |
| <input type="checkbox"/> \$74,381 - \$83,820 | <input type="checkbox"/> \$83,821 - \$93,260 | <input type="checkbox"/> \$93,261 - \$99,999 |
| <input type="checkbox"/> \$100,000 or more | <input type="checkbox"/> Prefer not to answer | |

16. How many people does this income support? _____

(Please include any children you pay child support for even if they do not live with you.)

Physical Environment

The next five questions will help determine gaps related to the physical environment within the county that affect health. Remember, all answers are anonymous and cannot be linked to you in any way.

17. How would you describe your access to places to exercise (e.g., parks, pools, walking trails, gyms, etc.) within Lincoln County?

- | | | |
|------------------------------------|------------------------------------|--|
| <input type="checkbox"/> Excellent | <input type="checkbox"/> Very good | <input type="checkbox"/> Good |
| <input type="checkbox"/> Fair | <input type="checkbox"/> Poor | <input type="checkbox"/> Don't know/not sure |

18. Do you live within three miles of a place to exercise (e.g., parks, pools, walking trails, gyms, etc.)?

- | | | |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don't know/not sure |
|------------------------------|-----------------------------|--|

19. How would you describe your access to grocery stores with fresh produce?

- | | | |
|------------------------------------|------------------------------------|--|
| <input type="checkbox"/> Excellent | <input type="checkbox"/> Very good | <input type="checkbox"/> Good |
| <input type="checkbox"/> Fair | <input type="checkbox"/> Poor | <input type="checkbox"/> Don't know/not sure |

20. Do you experience any of the following housing problems? (Check all that apply.)

- | | |
|---|--|
| <input type="checkbox"/> Overcrowding | <input type="checkbox"/> Lack of hot & cold water, flushing toilet and/or bathtub/shower |
| <input type="checkbox"/> High housing costs | <input type="checkbox"/> Lack of stove, refrigerator and/or sink with a faucet |
| <input type="checkbox"/> None | |

21. Which of the following best describes your housing situation?

- | | | | |
|------------------------------------|---------------------------------|-----------------------------------|--|
| <input type="checkbox"/> Homeowner | <input type="checkbox"/> Renter | <input type="checkbox"/> Homeless | <input type="checkbox"/> None of the above |
|------------------------------------|---------------------------------|-----------------------------------|--|

Quality of Life Statements

Please select an answer choice that best represents your opinion for each statement below.

22. There is good healthcare in Lincoln County. (Consider the cost, quality and availability of healthcare in the county.)

- | | | | | |
|--|-----------------------------------|----------------------------------|--------------------------------|---|
| <input type="checkbox"/> Strongly disagree | <input type="checkbox"/> Disagree | <input type="checkbox"/> Neutral | <input type="checkbox"/> Agree | <input type="checkbox"/> Strongly Agree |
|--|-----------------------------------|----------------------------------|--------------------------------|---|

23. Lincoln County is a good place to raise children. (Consider the quality and safety of schools and child care programs, after-school programs and places to play in the county.)

- | | | | | |
|--|-----------------------------------|----------------------------------|--------------------------------|---|
| <input type="checkbox"/> Strongly disagree | <input type="checkbox"/> Disagree | <input type="checkbox"/> Neutral | <input type="checkbox"/> Agree | <input type="checkbox"/> Strongly Agree |
|--|-----------------------------------|----------------------------------|--------------------------------|---|

24. Lincoln County is a good place to grow old. (Consider the county's elder-friendly housing, transportation to medical services, recreation and services for the elderly.)

- | | | | | |
|--|-----------------------------------|----------------------------------|--------------------------------|---|
| <input type="checkbox"/> Strongly disagree | <input type="checkbox"/> Disagree | <input type="checkbox"/> Neutral | <input type="checkbox"/> Agree | <input type="checkbox"/> Strongly Agree |
|--|-----------------------------------|----------------------------------|--------------------------------|---|

25. There is plenty of economic opportunity in Lincoln County. (Consider the number and quality of jobs, job training/higher education opportunities and availability of affordable housing in the county.)

- | | | | | |
|--|-----------------------------------|----------------------------------|--------------------------------|---|
| <input type="checkbox"/> Strongly disagree | <input type="checkbox"/> Disagree | <input type="checkbox"/> Neutral | <input type="checkbox"/> Agree | <input type="checkbox"/> Strongly Agree |
|--|-----------------------------------|----------------------------------|--------------------------------|---|

26. Lincoln County is a safe place to live. (Consider how safe you feel at home, in the workplace, in schools, at playgrounds/parks and at shopping centers in the county.)

- | | | | | |
|--|-----------------------------------|----------------------------------|--------------------------------|---|
| <input type="checkbox"/> Strongly disagree | <input type="checkbox"/> Disagree | <input type="checkbox"/> Neutral | <input type="checkbox"/> Agree | <input type="checkbox"/> Strongly Agree |
|--|-----------------------------------|----------------------------------|--------------------------------|---|

27. There is plenty of help for people during times of need in Lincoln County. (Consider social support in the county including neighbors, support groups, faith community outreach, community organizations and emergency monetary assistance.)

☐ Strongly disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

Community Improvement

The next three questions address community problems and services. Remember, all answers are anonymous and cannot be linked to you in any way.

28. In your opinion, which three problems affect the quality of life in Lincoln County the most?
(Please circle only three.)

- | | |
|--------------------------|---|
| • Pollution | • Lack of community support |
| • Dropping out of school | • Lack of/inadequate health insurance |
| • Low income/poverty | • Child abuse |
| • Theft | • Domestic violence |
| • Homelessness | • Violent crime |
| • Elder abuse | • Drug abuse (legal, controlled, illegal) |
| • Hopelessness | • Rape/sexual assault |
| • Discrimination/racism | • Other (describe below) |

Other: _____

29. In your opinion, which three services need the most improvement in your neighborhood or community?
(Please circle only three.)

- | | |
|--|---|
| • Animal control | • Counseling/mental health/support groups |
| • Child care options | • Healthy family activities |
| • Elder care options | • Positive teen activities |
| • Services for disabled people | • Transportation options |
| • More affordable health services | • Sidewalks/walkability |
| • Availability of employment | • Culturally appropriate health services |
| • More affordable/better housing | • Road maintenance & safety |
| • Better/healthier food choices | • Availability of dental, vision and hearing services |
| • Emergency services | • Number/type of health care providers |
| • Better/more places to exercise (parks, trails, community centers) | • Other (describe below) |

Other: _____

30. In your opinion, which three topics do people in your community need more information about?
(Please circle only three.)

- Eating well/nutrition
- Exercise/fitness
- Managing weight
- Driving safely
- Using seat belts
- Using child safety seats
- Suicide prevention
- Elder care
- Crime prevention
- Child care/parenting
- Stress management
- Caring for family members with special needs/disabilities
- Getting prenatal care during pregnancy
- Preparing for an emergency/disaster
- Getting flu shots and other vaccines
- Preventing pregnancy and STDs
- Drug or alcohol abuse prevention
- Quitting smoking/tobacco use prevention
- Domestic violence prevention
- Rape/sexual abuse prevention
- Going to the doctor for yearly check-ups and screenings
- Going to a dentist for check-ups/preventive care
- Anger management
- Other (describe below)

Other: _____

Demographics

Collecting demographics can help identify gaps regarding health equity. Remember, all answers are anonymous and cannot be linked to you in any way.

31. How old are you?

- | | | |
|--------------------------------|--------------------------------|---|
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 45-54 | <input type="checkbox"/> 75-84 |
| <input type="checkbox"/> 25-34 | <input type="checkbox"/> 55-64 | <input type="checkbox"/> 85 or older |
| <input type="checkbox"/> 35-44 | <input type="checkbox"/> 65-74 | <input type="checkbox"/> Prefer not to answer |

32. How do you identify?

- ☐ Male ☐ Female ☐ Other (_____) ☐ Prefer not to answer

33. What is your race/ethnicity? (Check all that apply.)

- | | | |
|---|---|---|
| <input type="checkbox"/> Asian | <input type="checkbox"/> Black/African-American | <input type="checkbox"/> Native American |
| <input type="checkbox"/> Pacific Islander | <input type="checkbox"/> White/Caucasian | <input type="checkbox"/> Latin X/Hispanic |
| <input type="checkbox"/> More than 1 race | <input type="checkbox"/> Prefer not to answer | |

Appendix B: 2022 CHA Survey Tool (Spanish)

Lincoln County Health Department
200 Gamble Drive
Lincolnton, NC 28092
Phone: 704-735-3001
Fax: 704-732-9034

**Encuesta de opinión de salud comunitaria del condado de Lincoln 2022**

El Departamento de Salud del Condado de Lincoln lo invita a participar en la Encuesta de Opinión de Salud Comunitaria 2022. La encuesta ayuda a identificar tendencias de datos, problemas, barreras y fortalezas de la comunidad con respecto a la salud de nuestro condado. Los resultados de la encuesta se utilizarán para abordar las preocupaciones de salud y de la comunidad en nuestro condado.

Para participar, escriba el siguiente enlace en el navegador de su computadora para realizar la encuesta en línea. La encuesta también está disponible en la página de inicio del sitio web del Condado de Lincoln (www.lincolncounty.org) y las copias en papel están disponibles en los lugares que se enumeran a continuación.

¡Tu opinión y respuestas son muy valoradas! Gracias por su participación.

Enlace a la Encuesta de Opinión de Salud Comunitaria 2022:

<https://es.surveymonkey.com/r/2022communityhealthopinionsurveyespanol>



Ubicaciones para obtener una encuesta en papel y devolver las encuestas completadas*:

- | | |
|---|--|
| • Lincoln County Health Department 200 Gamble Drive, Lincolnton, NC 28092 704-735-3001 | • Charles R. Jonas Library 306 West Main Street, Lincolnton, NC 28092 704-735-8044 |
| • Lincoln County Environmental Health 115 West Main Street, Lincolnton, NC 28092 704-736-8426 | • Florence S. Shanklin Library 7837 Fairfield Forest Road, Denver, NC 28037 704-483-3589 |
| • Lincoln County Senior Services 612 Center Drive, Lincolnton, NC 28092 704-732-9053 | • West Lincoln Library 4797 Westwinds Road, Lincolnton, NC 28092 704-276-9946 |
| • Lincoln County Department of Social Services 1136 East Main Street, Lincolnton, NC 28092 704-732-0738 | |

*La recogida y la dejada de la encuesta solo está disponible durante el horario comercial normal.

Para preguntas sobre la Encuesta de Opinión de Salud Comunitaria 2022, comuníquese con Holly Hitt en el Departamento de Salud del Condado de Lincoln al 704-735-3001.



Lincoln County Health Department
200 Gamble Drive
Lincolnton, NC 28092
Phone: 704-735-3001
Fax: 704-732-9034



Encuesta de Opinión de Salud Comunitaria del Condado de Lincoln 2022

Esta encuesta es anónima y debería tardar menos de 15 minutos en completarse. Esta encuesta está destinada a los residentes del Condado de Lincoln que tienen al menos 18 años de edad. Por favor, solo complete esta encuesta una vez. ¡Su opinión y respuestas son muy valiosas! Gracias por su participación.

1. ¿Vive usted en el Condado de Lincoln? ☐ Sí ☐ No (Si no, pare aquí.)
2. ¿Cuál es su código de área? _____

Comportamiento de Salud

Las siguientes cinco preguntas abordan acciones que pueden afectar la salud personal. Recuerde todas las respuestas son anónimas y no se pueden vincular a usted de ninguna manera.

3. Fuera de su trabajo regular, ¿Cuántas veces participa en alguna actividad física o ejercicio que dure al menos 30 minutos durante una semana normal? (Seleccione solo uno).
☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ 4 ☐ 5 ☐ 6+ ☐ No se/no estoy seguro/a

Si la respuesta es cero, ¿cuáles son las razones por las que no hizo ejercicio durante al menos 30 minutos durante una semana normal?

4. Excluyendo la dieta o las bebidas endulzadas artificialmente, ¿cuántas bebidas endulzadas con azúcar (por ejemplo, refrescos, bebidas deportivas, café / té endulzado, etc.) bebe por día en promedio?
☐ 0 bebidas ☐ 1 bebida ☐ 2 bebidas
☐ 3 o más bebidas ☐ No se/no estoy seguro/a
5. ¿Utiliza cigarrillos, puros, cigarrillos electrónicos, hookah, pipas y/o productos de tabaco sin humo?
☐ No ☐ Sí (Cual(s): _____)
6. Durante los últimos 30 días cuántas bebidas alcohólicas consumió en promedio en los días que bebió alcohol (por ejemplo, cerveza, vino).
☐ 0 bebidas ☐ 1 bebida ☐ 2 bebidas ☐ No bebo
☐ 3 bebidas ☐ 4 bebidas ☐ 5 o más bebidas ☐ Prefiero no responder
7. ¿Durante los últimos 30 días cuántas bebidas alcohólicas consumió en promedio por semana? (por ejemplo, cerveza, vino).
☐ 0 bebidas ☐ 1-7 bebidas ☐ 8-14 bebidas
☐ 15+ bebidas ☐ Prefiero no responder ☐ No bebo

Cuidado Clínico

Las siguientes cinco preguntas ayudarán a identificar las brechas con respecto al acceso a la atención. Recuerde, todas las respuestas son anónimas y no se pueden vincular a usted de ninguna manera.

8. ¿Tiene seguro médico?

☐ Sí ☐ No ☐ No se/no estoy seguro/a

9. En los últimos 12 meses, ¿tuvo problemas para acceder a la atención relacionada con la salud (por ejemplo, atención primaria, atención dental, asesoramiento, servicios del departamento de salud, etc.)?

☐ Sí ☐ No ☐ No se aplica

En caso que sí, por favor ponga el tipo de servicio y circule cualquier obstáculo que le impidió recibir atención:

- | | |
|--------------------------------------|--------------------------|
| • Transporte | • No tener seguro medico |
| • Costo | • Tiempo |
| • No tener acceso | • Discapacidad (_____) |
| • Servicios no cubiertos bajo seguro | • No hablar el idioma |
| • No saber a dónde ir | • Otro |

Tipo de Servicio: _____ Otro: _____

10. Si estuvo embarazada entre 2017 y el presente, recibió atención prenatal durante el primer trimestre (es decir, las primeras 12 semanas de embarazo).

☐ Sí ☐ No ☐ No se aplica

Si no, por favor, circule cualquier obstáculo que le impida recibir atención:

- | | |
|--------------------------------------|--------------------------|
| • Transporte | • No tener seguro medico |
| • Costo | • Tiempo |
| • No tener acceso | • Discapacidad (_____) |
| • Servicios no cubiertos bajo seguro | • No hablar el idioma |
| • No saber a dónde ir | • Otro |

Otro: _____

11. ¿Sería más probable que recibiera atención relacionada con la salud (por ejemplo, atención primaria, atención dental, asesoramiento, servicios del departamento de salud, etc.) si hubiera un horario extendido disponible?

☐ Sí ☐ No ☐ No se/no estoy seguro/a

En caso que sí, ¿qué horario preferiría?:

☐ Durante la semana de 6 a.m. – 8 a.m. ☐ Durante la semana 5 p.m. – 7 p.m. ☐ Fin de semana

12. Los siguientes servicios están disponibles en el Departamento de Salud del Condado de Lincoln. Por favor, circule los servicios que ya conocía:

- | | |
|------------------------------------|--|
| • Salud Adulta | • Programa de Control de Cáncer de Seno y Cervical (BCCCP) |
| • Salud Infantil | • Administración del Cuidado de Embarazos de Alto Riesgo (CMHRP) |
| • Clínica General | • Enfermedades transmisibles (ETS, Control de la Tuberculosis) |
| • Exámenes de Laboratorio | • Visitas al Hogar Postparto/Recién Nacidos |
| • Programa de Control de Mosquitos | • Administración del Cuidado para Niños a Riesgo (CMARC) |
| • Salud de Migrante/Refugiado | • Programa para la Mujer, Niños y Recién Nacidos (WIC) |
| • Planificación Familiar | • Registros Vitales (Certificados de Nacimiento & Muerte) |
| • Inspección para Sistema Séptico | • Pruebas privadas de agua potable de pozo |
| | • Salud Comunitaria (Educación y Programación) |

Factor Social & de Economía

Las opciones relacionadas con la salud pueden verse afectadas por la educación, el empleo y los ingresos. Las siguientes cuatro preguntas ayudarán a identificar los desafíos dentro del condado. Recuerde, todas las respuestas son anónimas y no se pueden vincular a usted de ninguna manera.

13. ¿Cuál es el nivel más alto de la escuela que completó? (Por favor elija solo uno.)

- | | |
|---|---|
| <input type="checkbox"/> Menos de 9º grado | <input type="checkbox"/> Título de asociado o formación profesional |
| <input type="checkbox"/> 9 –12 grado (no diploma) | <input type="checkbox"/> Licenciatura |
| <input type="checkbox"/> (Graduado de la escuela secundaria (GED) | <input type="checkbox"/> Título de grado o profesional |
| <input type="checkbox"/> Cursos Universitarios (sin título) | <input type="checkbox"/> Prefiero no responder |

14. ¿Cuál es su estado laboral? (Por favor marque todo lo que aplica a usted.)

- | | |
|---|---|
| <input type="checkbox"/> Empleado tiempo completo | <input type="checkbox"/> Desempleado por menos de 1 año |
| <input type="checkbox"/> Empleado medio tiempo | <input type="checkbox"/> Discapacitados |
| <input type="checkbox"/> Jubilado | <input type="checkbox"/> Estudiantes |
| <input type="checkbox"/> Fuerzas Armadas/militares | <input type="checkbox"/> Ama de hogar |
| <input type="checkbox"/> Desempleado por más de 1 año | <input type="checkbox"/> Trabajador Autónomo |
| <input type="checkbox"/> Prefiero no responder | |

Número actual de puestos de trabajo ocupados: _____

15. ¿Cuál fue el ingreso total de su hogar en 2021 antes de impuestos?

- | | | |
|--|--|--|
| <input type="checkbox"/> \$0 - \$27,180 | <input type="checkbox"/> \$27,181 - \$36,620 | <input type="checkbox"/> \$36,621 - \$46,060 |
| <input type="checkbox"/> \$46,061 - \$55,500 | <input type="checkbox"/> \$55,501 - \$64,940 | <input type="checkbox"/> \$64,941 - \$74,380 |
| <input type="checkbox"/> \$74,381 - \$83,820 | <input type="checkbox"/> \$83,821 - \$93,260 | <input type="checkbox"/> \$93,261 - \$99,999 |
| <input type="checkbox"/> \$100,000 o más | <input type="checkbox"/> Prefiero no responder | |

16. ¿A cuántas personas mantiene este ingreso? _____

(Incluya a los niños por los que pague manutención infantil, incluso si no viven con usted).

Entorno Físico

Las siguientes cinco preguntas ayudarán a determinar brechas relacionadas al entorno físico dentro del condado que afecta la salud.

17. ¿Cómo describiría su acceso a lugares donde puede hacer ejercicio (parques, piscinas, senderos, gimnasios etc.) dentro del Condado Lincoln?
- ☐ Excelente ☐ Muy Bueno ☐ Bueno ☐ Justo ☐ Malo ☐ No se/no estoy seguro/a
18. Usted vive dentro de tres millas de un lugar para hacer ejercicio (parques, piscinas, senderos, gimnasios, etc.)?
- ☐ Sí ☐ No ☐ No se/no estoy seguro/a
19. Cómo describiría su acceso a supermercados con productos frescos?
- ☐ Excelente ☐ Muy Bueno ☐ Bueno ☐ Justo ☐ Malo ☐ No se/no estoy seguro/a
20. Usted experimenta alguno de los siguientes problemas de vivienda? (Marque todos los que aplican.)
- ☐ Viviendas superpobladas ☐ Falta de agua fría & caliente, bajando el agua del inodoro y/o bañera/ducha
☐ Alto costo de vivienda ☐ Falta de estufa, refrigerador y/o fregadero ☐ Ninguno
21. Cuál de los siguientes describe su situación de vivienda?
- ☐ Propietario ☐ Rento ☐ Persona sin hogar ☐ Ninguno

Declaraciones de Calidad de Vida

Por favor elija una opción de respuesta que mejor represente su opinión para cada declaración abajo.

22. Hay buena atención médica en el Condado de Lincoln. (Considere el costo, calidad y disponibilidad de atención médica en el condado.)
- ☐ Fuertemente en Desacuerdo ☐ No está de Acuerdo ☐ Neutral ☐ De Acuerdo ☐ Muy de Acuerdo
23. El condado de Lincoln es un buen lugar para criar niños. (Considere la calidad y seguridad de las escuelas y programas para cuidado de niños, programas escolares extracurriculares y sitios para jugar.)
- ☐ Fuertemente en Desacuerdo ☐ No está de Acuerdo ☐ Neutral ☐ De Acuerdo ☐ Muy de Acuerdo
24. El condado de Lincoln es un buen lugar para envejecer. (Considere las viviendas favorables al anciano, transporte a servicios médicos, recreación y servicios para las personas mayores.)
- ☐ Fuertemente en Desacuerdo ☐ No está de Acuerdo ☐ Neutral ☐ De Acuerdo ☐ Muy de Acuerdo
25. Hay mucha oportunidad económica en el condado de Lincoln. (Considere el número y calidad de empleos, capacitación laboral/oportunidades para educación superior y disponibilidad de vivienda económica.)
- ☐ Fuertemente en Desacuerdo ☐ No está de Acuerdo ☐ Neutral ☐ De Acuerdo ☐ Muy de Acuerdo
26. El condado de Lincoln es un lugar seguro para vivir. (Considere que tan seguro se siente en su hogar, trabajo, escuelas, parques y supermercados en el condado.)
- ☐ Fuertemente en Desacuerdo ☐ No está de Acuerdo ☐ Neutral ☐ De Acuerdo ☐ Muy de Acuerdo

27. Hay suficiente ayuda para personas en tiempo de necesidad en el Condado Lincoln. (Considere apoyo social en el condado incluyendo vecinos, grupos de apoyo, comunidad religiosa, organizaciones en la comunidad y asistencia monetaria de emergencia.)

☐ Fuertemente en Desacuerdo ☐ No está de Acuerdo ☐ Neutral ☐ De Acuerdo ☐ Muy de Acuerdo

La Mejora de la Comunidad

Las siguientes tres preguntas son acerca de problemas y servicios en la comunidad. Recuerde, todas las respuestas son anónimas y no serán vinculadas a usted de ninguna manera.

28. En su opinión, cuales tres problemas afectan más la calidad de vida en el Condado Lincoln?
(Por favor circule solo tres.)

- | | |
|-----------------------------------|--|
| • Contaminación | • Falta de apoyo de la comunidad |
| • Abandono de la escuela | • Falta de insuficiente seguro medico |
| • Bajos Ingresos/pobreza | • Abuso Infantil |
| • Robo | • Violencia Doméstica |
| • Indigencia | • Delito violento |
| • Maltrato a las personas mayores | • Abuso de drogas (legal, controladas, ilegal) |
| • Desesperanza | • Violación/acoso sexual |
| • Discriminación/racismo | • Otro (describa abajo) |

Otro: _____

29. En su opinión, cuales tres servicios necesitan el mayor mejoramiento en su vecindario o comunidad?
(Por favor circule solo tres.)

- | | |
|--|--|
| • Servicios de control de animales | • Asesoramiento/salud mental grupos de apoyo |
| • Opciones del cuidado de los niños | • Actividades sanas para la familia |
| • Opciones del cuidado de personas mayores | • Actividades positivas para jóvenes |
| • Servicios para los discapacitados | • Opciones de transporte |
| • Más servicios de salud económicos | • Aceras/vías peatonales |
| • Disponibilidad de empleo | • Servicios de salud culturalmente apropiados |
| • Mejores viviendas/más económicas | • Mantenimiento y seguridad vial |
| • Mejor opciones de comida saludable | • Disponibilidad de servicios dentales, de visión y audición |
| • Servicios de emergencia | • Numero/tipo de proveedor de salud médica |
| • Mejor/más lugares para hacer ejercicio | • Otro (describa abajo) |
- (parques, senderos, centros comunitarios)

Otro: _____

30. En su opinión, sobre que tres temas necesitan más información la gente de su comunidad? (Por favor circule solo tres.)

- | | |
|---|---|
| • Comer bien/nutrición | • Cuidado prenatal durante el embarazo |
| • Ejercicio/acondicionamiento físico | • Preparación para una emergencia/desastre |
| • Control de peso | • Obtener vacunas contra la gripe y otras vacunas |
| • Conducción segura | • Prevención de embarazo y ETS |
| • El uso de cinturones de seguridad | • Prevención de abuso de drogas y alcohol |
| • El uso de asientos de seguridad para niños | • Dejar de fumar/prevención del uso de tabaco |
| • Prevención del suicidio | • Prevención de violencia doméstica |
| • Cuidado de los ancianos | • Violación/prevención de los abusos sexuales |
| • Prevención del delito | • Ir al médico para chequeos anuales |
| • Cuidado de los niños/crianza de los hijos | • Ir al dentista para un chequeo/cuidado preventivo |
| • Manejo de estrés | • Manejo de ira |
| • Cuidado de familiares con necesidades especiales/discapacidades | • Otro (describa abajo) |

Otro: _____

Demográficas

La recopilación de datos demográficos puede ayudar a identificar brechas con respecto a la igualdad en la salud. Recuerde, todas las respuestas son anónimas y no serán vinculadas a usted de ninguna manera.

31. Qué edad tiene?

- | | | |
|--------------------------------|--------------------------------|--|
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 45-54 | <input type="checkbox"/> 75-84 |
| <input type="checkbox"/> 25-34 | <input type="checkbox"/> 55-64 | <input type="checkbox"/> 85 o más |
| <input type="checkbox"/> 35-44 | <input type="checkbox"/> 65-74 | <input type="checkbox"/> Prefiero no responder |

32. Como se identifica?

- ☐ Hombre ☐ Mujer ☐ Otro (_____) ☐ Prefiero no responder

33.Cuál es su raza/origen etnico?

- | | | |
|---|--|---|
| <input type="checkbox"/> Asiático | <input type="checkbox"/> Negro/Afroamericano | <input type="checkbox"/> Nativo Americano |
| <input type="checkbox"/> Isleños del Pacifico | <input type="checkbox"/> Blanco | <input type="checkbox"/> Latino X/Hispano |
| <input type="checkbox"/> Más de 1 raza | <input type="checkbox"/> Prefiero no responder | |

Appendix C: 2023 Lincoln County Community Health and Wellness Resource Directory

Lincoln County Community Health and Wellness Resource Directory 2023



Medical Provider Resource List

Cancer

| | | |
|--|---|--------------|
| Caromont Lincolnton Radiation Oncology | 440 McAlister Rd Lincolnton, NC 28092 | 704-735-6637 |
| Levine Cancer Institute – Lincoln | 447 McAlister Rd, Suite 1600 Lincolnton, NC 28092 | 980-212-5100 |

Cardiology

| | | |
|--|---|--------------|
| Sanger Heart And Vascular Institute – Lincoln | 447 McAlister Rd, Suite 3200 Lincolnton, NC 28092 | 980-212-6300 |
| Frye Care Cardiology Associates- Lincolnton | Two Lincolnton Locations: 1531 N Aspen St. Lincolnton, NC 28092 | 828-324-4804 |
| | 140 Gaston St, Suite 400 Lincolnton, NC 28092 | 704-735-7760 |

Dental

| | | |
|------------------|---|--------------|
| Anchor Dental | 3718 N Hwy 16 Denver, NC 28037 www.denverncdentistry.com | 704-483-5501 |
| Aspen Dental | 1432 E Main St Lincolnton, NC 28092 www.aspendental.com | 704-276-7541 |
| Austin Dentistry | 640 S Magnolia St Lincolnton, NC 28092 www.draustindentistry.com | 704-732-3336 |

| | | |
|--------------------------------|--|--------------|
| Avason Family Dentistry | 7476 Waterside Loop Rd, Suite 100 Denver, NC 28037 www.avasonfamilydentistry.com | 704-820-9797 |
| Caring Dentistry | 3090 E Hwy 27 Lincolnton, NC 28092 www.caringdentistrync.com | 704-732-2629 |
| Comfort and Care Dentistry | 518 N Generals Blvd, Suite F Lincolnton, NC 28092 www.comfortandcaredentistry.net | 704-748-1110 |
| Dedmond Family Dentistry | 1435 N Aspen St. Lincolnton, NC 28092 www.dedmondfamilydentistry.com | 704-735-7001 |
| Denver Dental Arts | 7206 Austin Smiles Ct, Suite 103 Denver, NC 28037 www.denverdentalarts.com | 704-908-6969 |
| Denver Dentistry | 2226 N Hwy 16 Denver, NC 28037 www.denverdentistrync.com | 704-766-8779 |
| Denver Pediatric Dentistry | 275 N Hwy 16, Suite 204B Denver, NC 28037 www.denver.ncpediatricdentistry.net | 980-272-5556 |
| Dr. John L Cloninger III, DDS. | 904 Donita Dr Lincolnton, NC 28092 | 704-735-0765 |
| Dr. Robert T. Cloninger | 910 Donita Dr Lincolnton, NC 28092 | 704-735-3014 |

| | | |
|--|--|--------------|
| Kintegra Family Dentistry (Lincoln Dental Services) | 111 Doctors Park Lincolnton, NC 28092 www.kintegra.org/kintegra-family-dentistry-lincolnton | 704-735-2230 |
| Dr. John L. Lassiter, DDS | 323 West Main St Lincolnton, NC 28092 | 704-735-4722 |
| Collins Family Dentistry | 6135 Hwy 16 Denver, NC 28037 www.collinsfamilydentistry.com | 704-483-4159 |
| Lincoln Pediatric Dentistry | 701 S Laurel St, Suite 1 Lincolnton, NC 28092 www.ncpediatricdentistry.com | 980-247-2400 |
| Lincolnton Family Dentistry | 821 E Sycamore St Lincolnton, NC 28092 www.lincolntonfamilydentistry.com | 704-735-3117 |
| Midlakes Dental | 6573 Bob White Trail Stanley, NC 28164 www.midlakesdental.com | 704-827-4396 |
| Denver Dental Care | 7482 Waterside Crossing Blvd, Suite 102 Denver, NC 28037 www.drpenca.com | 704-827-8226 |
| Summit Family Dentistry | 275 N Hwy 16, Suite 101 Denver, NC 28037 www.summitfamilydentist.com | 980-222-7501 |
| The Dental Zone | 501 N Hwy 16 Denver, NC 28037 www.thedentalzonedenvernc.com | 704-489-2009 |

| | | |
|--|---|--------------|
| Waterside Dental Care | 175 Cross Center Rd Denver, NC 28037 www.watersidedentalcare.com | 704-951-8300 |
| West Lake Dentistry | 298 N Hwy 16, Suite E Denver, NC 28037 www.westlakedentalcare.com | 704-483-1870 |
| West LKN Dentistry | 510 N Hwy 17 Denver, NC 28037 www.westlkn Dentistry.com | 704-966-1778 |
| Ear Nose & Throat | | |
| Carolina Ear, Nose & Throat – Sinus and Allergy Center | 1446 Gaston St, Suite 101 Lincolnton, NC 28092 www.carolinaearnosethroat.com | 704-748-6712 |
| Eye Care | | |
| Accuvision Eye Care (located in Walmart) | 306 N Generals Blvd Lincolnton, NC 28092 www.acuvisioneye.com | 704-736-1425 |
| Walmart Vision Center & Glasses | 306 N Generals Blvd Lincolnton, NC 28092 www.walmart.com/store/1209/lincolntonnc/ | 704-732-0917 |
| Carolina Eye Care | Lincolnton Location: 231 N Generals Blvd Lincolnton, NC 28092 | 704-735-7101 |
| | Denver Location: 623 N Hwy 16 Denver, NC 28037 www.carolinaeyecarenc.com | 704-483-2263 |

| | | |
|---|--|--------------|
| Graystone Eye | 2311 E Main St Lincolnton, NC 28092 www.graystone-eye.com | 888-626-2020 |
| Lincoln Eye Center | 110 Doctors Park Lincolnton, NC 28092 | 704-735-8512 |
| Gastroenterology | | |
| Atrium Health Gastroenterology and Hepatology | Lincolnton Location: 441 McAlister Rd, Suite 2100 Lincolnton, NC 28092 | 980-212-4000 |
| | Denver Location: 1585 Fomey Creek Pkwy, Suite 2350 Denver, NC 28037 | 980-212-4000 |
| General Surgery | | |
| Aswad Surgical Group | 441 McAlister Rd, Suite 2400 Lincolnton, NC 28092 | 980-389-0281 |
| Atrium Health General Surgery | Lincolnton Location: 441 McAlister Rd, Suite 2100 Lincolnton, NC 28092 | 980-212-6070 |
| | Denver Location: 1585 Fomey Creek Pkwy, Suite 2350 Denver, NC 28037 | 980-212-6070 |
| Internal Medicine | | |
| Lincoln Internal Medicine, PA | 607 S Generals Blvd Lincolnton, NC 28092 www.lincolnim.org | 704-736-9188 |
| Neurology | | |
| Neurosciences Institute-Neurology Lincoln | 441 McAlister Rd, Suite 2220 Lincolnton, NC 28092 | 704-468-0101 |

OB-GYN

| | | |
|---------------------------------------|---|--------------|
| McAlister OB-GYN Associates | Lincolnton Location: 447 McAlister Rd, Plaza II Suite 3500 Lincolnton, NC 28092 | 980-212-6230 |
| | Denver Location 1585 Fomey Creek Pkwy, Suite 2200 Denver, NC 28037 | 980-212-6230 |
| Novant Health Harbor Pointe OB-GYN | 269 Gillman Rd, Suite 100 Denver, NC 28037 | 704-316-4830 |

Oral Surgeons

| | | |
|---|--|--------------|
| Carolinas Center for Oral & Facial Surgery | 7482 Waterside Crossing, Suite 101 Denver, NC 28037 www.mvcenters.com/contact/lake-norman | 704-820-2982 |
| Foothills Oral Surgery | 701 S Laurel St, Suite 2 Lincolnton, NC 28092 www.omsdrs.com | 704-732-7477 |

Orthodontics

| | | |
|--|---|--------------|
| Austin Orthodontics | Lincolnton Location: 701 S Laurel St, Suite 1 Lincolnton, NC 28092 | 704-735-1606 |
| | Denver Location: 7206 Austin Smiles, Suite 101 Denver, NC 28037 www.draustinsmiles.com | 704-735-1606 |
| Hamilton & Whitecotton Orthodontics | 7482 Waterside Crossing Blvd, Suite 201 Denver, NC 28037 www.lkndenverbraces.com | 704-822-0320 |

Orthopedics

| | | |
|---|--|--------------|
| Novant Health Orthopedics & Sports Medicine | 269 Gillman Rd, Suite 200B Denver, NC 28037 | 704-316-1830 |
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| OrthoCarolina | 441 McAlister Rd, Suite 1100 Lincolnton, NC 28092 www.orthocarolina.com | 704-732-4064 |
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Pain Management

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| Southeast Pain and Spine Care | 1585 Fomey Creek Parkway, Suite 1200 Denver, NC 28037 | 704-377-7246 |
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Pediatrics

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| Atrium Health Levine Children's Pediatric Medical Associates | 447 McAlister Rd, Suite 3300 Lincolnton, NC 28092 | 980-212-2680 |
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| Lakeshore Pediatric Center | 635 N Hwy 16 Denver, NC 28037 www.lakeshorepediatric.com | 704-489-8401 |
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| Lincoln Pediatrics | Lincolnton Location: 113 Doctors Park Lincolnton, NC 28092 | 704-735-1441 |
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| | Denver Location: 7476 Waterside Loop Rd, Suite 500 Denver, NC 28037 www.lincolnpeds.com | 704-735-1441 |
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| Novant Health Lakeside Pediatrics | 269 Gillman Rd, Suite 200A Denver, NC 28037 www.nhpdiatricsdnver.org | 704-316-3970 |
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Primary Care

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| Lake Norman Medical Group Family Medicine | 294 N Hwy 16, Suite A Denver, NC 28037 | 704-660-4041 |
| Atrium Health East Lincoln Primary Care | 1585 Fomey Creek Pkwy, Suite 2100 Denver, NC 28037 | 704-489-0365 |
| Primary Care Family Medicine Associates | 1531 N Aspen St Lincolnton, NC 28092 www.lincolntonfamilydoctors.com | 704-732-8736 |
| Atrium Health Lincoln Family Practice | 447 McAlister Rd, Suite 2400 Lincolnton, NC 28092 | 980-212-6500 |
| FryeCare Lincolnton Medical Group | 1470 East Gaston St, Suite 300 Lincolnton, NC 28092 | 704-735-7474 |
| North State Medical Group | Lincolnton Location: 501 N Aspen St Lincolnton, NC 28092 | 704-483-2200 |
| | Denver Location: 2266 N Hwy 16 Denver, NC 28037 www.northstatemedicalgroup.com | 704-483-2200 |
| Novant Health Lakeside Family Physicians | 269 Gillman Rd, Suite 100 Denver, NC 28037 www.nhlakesidefamilyphysicians.org | 704-316-5287 |
| Scala Medical Clinic | 105 Dave Warlick Dr Lincolnton, NC 28092 | 704-748-9949 |

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| Atrium Health West Lincoln Family Medicine | 3970 W Hwy 27 Lincolnton, NC 28092 | 704-748-2245 |
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Pulmonary

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| Pulmonary Clinic of the Carolinas PC | 111 Dave Warlick Dr Lincolnton, NC 28092 | 704-736-9959 |
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Rehabilitation

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| Atrium Health Rehabilitation | Lincolnton Location: 1460 E Gaston St Lincolnton, NC 28092 | 980-212-7020 |
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| | Denver Location: 275 N Hwy 16, Suite 203 Denver, NC 28037 | 980-212-7050 |
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Sports Medicine

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| Atrium Health Musculoskeletal Institute Sports Medicine | 447 McAlister Rd, Plaza II Suite 3400 Lincolnton, NC 28092 | 704-863-4878 |
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| Phoenix Physical Therapy And Sports Performance | 290 N Hwy 16, Suite A Denver, NC 28037 | 704-483-0777 |
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Urology

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| McKay Urology | Lincolnton Location: 441 McAlister Rd, Suite 1200 Lincolnton, NC 28092 | 980-212-6200 |
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| | Denver Location: 1585 Fomey Creek Pkwy, Suite 2350 Denver, NC 28037 | 980-212-6200 |
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Additional Resources

Department of Social Services

Lincoln County Department of
Social Services:

- Adult Services
- Child Welfare Services
- Child Support
- Economic Services
- Work Permits
- Services for the Blind
- Vocational Rehabilitation

1136 E Main St
Lincolnton, NC 28092
www.lincolncounty.org/dss

704-732-0738

Hospice & Palliative Care

Hospice & Palliative Care Lincoln
County

900 Donita Dr
Lincolnton, NC 28092
www.hpccr.org

704-732-6146

Hospitals

Atrium Health Lincoln

433 McAlister Rd
Lincolnton, NC 28092
www.atriumhealth.org/locations/detail/atrium-health-at-home-lincoln

980-212-2000

Medical Centers

Kintegra Family Medicine

212 Gamble Dr
Lincolnton, NC 28092
<https://www.kintegra.org>

704-735-7145

Public Health

Lincoln County Health Department

- Community Health
- Adult Health
- BCCCP
- Child Health
- CC4C
- Chronic Disease Treatment
- Communicable Disease
- Migrant/Refugee Health
- CMHRP/CMARC
- Be Smart Family Planning
- Laboratory Services
- Interpreter Services
- School Health
- Vital Records
- WIC
- Walk-In Express Clinic
- Environmental Health

200 Gamble Dr.
 Lincolnton, NC 28092
www.lincolncounty.org/health

704-735-3001

Urgent Care

Atrium Health Urgent Care

Lincolnton Location:
 1802 E Main St
 Lincolnton, NC 28092

980-212-2610

Denver Location:
 275 N Hwy 16, Suite 104
 Denver, NC 28037

980-212-7000

Novant Health Lakeside Family Physicians Urgent Care

269 Gillman Rd, Suite 100
 Denver, NC 28037

704-316-4930

Wellness Resources

Adult Services

Lincoln County Department of
Social Services:

- Adult Services
- Child Welfare Services
- Child Support
- Economic Services
- Work Permits
- Services for the Blind
- Vocational Rehabilitation

1136 E Main St
Lincolnton, NC 28092
www.lincolncounty.org/dss

704-732-0738

Lincoln County Coalition Against
Domestic Violence

PO Box 476
Lincolnton, NC 28093
www.lincolncounty-cadv.org

Non-emergency:
704-736-0112
Crisis Line:
704-736-1224

Senior Services

Lincoln County Senior Services

- Caregiving Support/In-Home Services
- Information/Assistance
- Nutrition Voucher Program
- Transportation
- SHIP Program

612 Center Dr
Lincolnton, NC 28092
www.lincolncounty.org/134/Senior-Services

704-732-9053

Child Services

Lincoln County Coalition Against
Child Abuse & Child Advocacy
Center

161 Policarp St
Lincolnton, NC 28092
www.cac-lincolncounty.org

704-736-1155

Lincoln County Department of
Social Services

- Child Welfare Services
- Report Child Abuse/Neglect
- Medicaid

1136 E Main St
Lincolnton, NC 28092
www.lincolncounty.org/dss

704-732-9053

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| Partnership for Children of Lincoln and Gaston Counties | 120 Roechling St Dallas, NC 28034 www.pfcg.org | 704-922-0900 |
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Education

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| Denver Christian Academy | 2243 N Hwy 16 Denver, NC 28037 www.denverchristianacademy.com | 704-483-2207 |
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| Gaston College | 511 S Aspen St Lincolnton, NC 28092 www.gaston.edu/lincoln-campus | 704-748-1040 |
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| Lincoln Charter School | Lincolnton Campus: 133 Eagle Nest Rd Lincolnton, NC 28092 | Grade K-5: 704-736-4549 Grade 6-12: 704-736-9888 |
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| Lincoln Charter School | Denver Campus: 7834 Galway Lane Denver, NC 28037 www.lincolncharter.org | Grade K-6: 704-489-4343 Grade 7-12: 704-483-6611 |
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| Lincoln County Schools • 13 Elementary Schools • 4 Middle Schools • 4 High Schools • 1 School of Technology • 1 Alternative School | 201 Jeb Seagle Dr Lincolnton, NC 28092 www.lcsnc.org | 704-732-2261 |
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| Long Shoals Wesleyan Academy | 3032 Wesleyan Church Rd Lincolnton, NC 28092 www.longshoalsacademy.org | 704-732-0216 |
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| Starboard Christian Academy | 2380 Lake Shore Rd S Denver, NC 28037 www.starboardchristian.com | 704-775-3724 |
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| West Lake Preparatory Academy | 1691 Fomey Creek Pkwy Denver, NC 28037 www.wlakeprep.org | 704-966-2202 |
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Food/Clothing Assistance

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| | Lincolnton Location: 202 S Cedar St Lincolnton, NC 28092 | 704-240-3688 |
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| Amy's Closet | Denver Location: 1584B NC-16 Business Denver, NC 28037 www.lincolncounty-cadv.org/amys-house/amys-closet/ | 704-483-5515 |
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| Christian Ministry of Lincoln County | 207 S Poplar St Lincolnton, NC 28092 www.christianministryoflincolncounty.org | 704-732-0383 |
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| East Lincoln Christian Ministry | 4278 Catawba Burris Rd Denver, NC 28037 | 704-483-4415 |
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| Good Neighbor Shop | 116 S Academy St Lincolnton, NC 28092 | 704-732-1835 |
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| Women, Infant, and Children Program (WIC) | 200 Gamble Dr Lincolnton, NC 28092 www.lincolncounty.org/WIC | 704-736-8639 |
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Housing

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| Hesed House of Hope | 100 Ann Gaither Ct Lincolnton, NC 28092 www.hesedhouseofhope.com | 704-732-0175 |
| Lincoln Housing Authority | 806 McBee St Lincolnton, NC 28092 | 704-735-2221 |

Mental Health/Substance Use Resources

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| ICGH Lincolnton | 1228 N Flint St Lincolnton, NC 28092 www.integratedcarehickory.com | 828-322-5915 |
| Impact Carolina Services, INC | 106 Doctors Park Lincolnton, NC 28092 | 704-732-2006 |
| Infinite Beginnings, LLC | 526 E Main St Lincolnton, NC 28092 | 704-748-4844 |
| Lincoln Wellness Center | 311 McBee St Lincolnton, NC 28092 Monarch: www.monarchnc.org Support Incorporated: www.supportinc.org | 704-732-0018 704-748-6113 704-865-3525 |
| Live N Joy | 117 N Poplar St Lincolnton, NC 28092 www.livenjoycounseling.com | 704-754-4726 |
| Phoenix Counseling Center | 510 S Aspen St Lincolnton, NC 28092 www.phoenixcc.us | Non-Emergency: 704-735-7325 Crisis Line: 855-527-4747 Sexual Assault Crisis Line: 980-266-4268 |

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| PsycLinc | Anderson Building 235 E Main St Lincolnton, NC 28092 | 704-966-9543 |
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| Recovery Dynamics (Below post office) | 326 E Main St, Room B-01 Lincolnton, NC 2092 www.recoverydynamicsnc.com | 704-735-3507 |
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| Southfork Counseling Center | 701 S Laurel St, Suite 3 Lincolnton, NC 28092 www.southforkcounselingnc.com | 980-284-2159 |
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Pregnancy

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| Crisis Pregnancy Center | 112 Doctors Park Lincolnton, NC 28092 www.cpclincoln.com | 704-732-3384 |
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| Heartbeats Women's Center | 5968 S NC 16 Hwy Maiden, NC 28650 www.heartbeatspcc.org | 704-489-0708 |
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| Care Management of High Risk Pregnancy (CMHRP) | 200 Gamble Dr Lincolnton, NC 28092 www.lincolncountv.org/health | 704-736-8510 |
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Smoking Cessation

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| Quitline | | 1-800-784-8669 |
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Transportation

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| Transportation Lincoln County (TLC) | 435 Salem Church Rd Lincolnton, NC 28092 www.lincolncounty.org/tlc | Public Transportation: 704-736-2030 Medicaid Transportation: 704-732-3471 TDD/TTY: 1-800-735-2962 |
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United Way

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| United Way of Lincoln County | PO Box 234 Lincolnton, NC 28092 www.unitedwavoflincolncountv.org | 704-240-8621 |
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| 211 – Confidential Information and Support | <ul style="list-style-type: none"> • Food, Housing, & Utilities • Child Care & Education Services • Financial Education/Credit Counseling • Job Training • Counseling/Support Groups • Mental Health & Substance Abuse • Senior Services • Volunteer Opportunities • Disaster Services and so much more | 211 |
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Additional Crisis Resources

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| Emergencies: | 911 |
| Drug Abuse Hotline: | 1-800-662-4357 |
| Suicide Hotline: | 988 |
| 24-Hour Crisis Line: | 1-855-527-4747 or text CONNECT to 741741 |
| Crisis Assistance/Access to Services: | 1-888-864-1454 Or 1-888-235-3673 (Language Assistance) |

**This list is not inclusive of all resources in Lincoln County.
The Lincoln County Health Department is an Equal Opportunity Provider**